

Thrive activities useful for parents of children up to 11 years old – week nine

Parents and carers can support and acknowledge children's emerging values and morals and individual ways of doing things. Parents can teach children the significance of rules and regulations and support them to develop their negotiation skills. Children enjoy sharing their options and using their skills.

We have put together some daily activities to support social and emotional development through the arts, play and creativity.

Monday	Pretend you are interviewing somebody famous or a real-life hero (it could be a doctor or nurse) – what would you ask them? Make a list of some questions you would ask them and pretend you are interviewing them on TV. Take it in turns to be the interviewer and interviewee. If you film it, send it in!
Tuesday	Play 'What if?'. Think of some fun questions and discuss them with your family. For example: What if dogs could talk? What would they say? Would they have an accent? Would different dogs have different voices?
Wednesday	Watch an episode of Horrible Histories . What rules did they have in those times that are different to now? How would you find it living in those times?
Thursday	Watch ' Catching Kayla '. Discuss as a family - what challenges did Kayla face? How did she overcome them? How might Kayla have felt?
Friday	Use different cushions or chairs in a room to represent different points of view on: <ul style="list-style-type: none"> • Should bedtime be later during lockdown? • Should children have schoolwork to complete during lockdown? • Should restaurant drive-throughs be re-opened? Play at moving around each of them to look at a situation from different perspectives. Make this fun and not too serious.
Saturday	Learn a new skill: Can you learn to juggle with two scarves or even three scarves ? It could be any type of material-it doesn't have to be a scarf! Can you share your new skill with others and teach them how to do it?
Sunday	Are you more like a foot or a sock? There's no wrong answer. Play the game following this link to see whether you are a foot or a sock. Or a hop or a jump?

Top Tips:

- ✓ Draw up a routine of what you are doing and when.
- ✓ Keep cardboard boxes or clean recycling objects to use for arts later.
- ✓ Don't worry if things go wrong - play can be fun and endings can be difficult.