

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

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	<b>Make your own musical instrument:</b> Using rice or sand (anything that makes a noise!) and some egg cartons, make your own musical instrument. Follow <a href="#">this link</a> to see how it is done.
Tuesday	<b>Play Twister:</b> You can either play the official Twister game if you have it, or if you don't, then you can paint or draw some spots on a bed sheet or large piece of paper and label them with the colours!
Wednesday	<b>Make your own paint brushes:</b> All you need is some twigs, string (or a rubber band) and some materials for brushes (pine needles, leaves, grass or tree buds). Distribute the needles, leaves and grass around the stick and start attaching it by wrapping the rubber band (or string) around. Wrap the rubber band or string several times around the handle and the bristle material, then tie it firmly and cut off any excessive string. You've just made your very own brush!
Thursday	<b>Partner sit n' stand:</b> Play paired sit down and stand up – follow <a href="#">this link</a> to see how it is done.
Friday	<b>Are you like...</b> Sand or dirt? An eagle or a cheetah? Follow <a href="#">this link</a> to see how to play this fun, active game.
Saturday	<b>Conversation starter:</b> Follow <a href="#">this link</a> to create your own cootie catcher conversation starter out of paper, and add in some good conversation starters or questions you could share with a friend when you go back to school.
Sunday	<b>Create a school map:</b> Create a map of your school ready for your return. Can you remember where all of the classrooms were? If you had to add a colour to represent a feeling about that room, what would it be and why?

## 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.