

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

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	<p><b>Salt dancing</b> Discover how music creates vibrations and makes <a href="#">salt dance!</a> Try experimenting with different music to see which what happens with fast and slow songs.</p>
Tuesday	<p><b>Invent a secret code</b> Invent a secret code and write a message to members of family. See if they can crack the code! Get them to create a code as well and see if you can crack it.</p>
Wednesday	<p><b>DIY bracelets</b> Learn how to knot <a href="#">friendship bracelets</a> for your friends.</p>
Thursday	<p><b>20 Questions!</b> Think of an object and have a member of your family ask a Yes or No question to try to learn more about the mystery object. Answer the question with a Yes or No.</p> <p>Take turns asking Yes or No questions up to a total of 20 Questions and see if they can guess your object. Take it in turns to ask the questions.</p>
Friday	<p><b>Playing tricks</b> Learn <a href="#">card tricks</a> in less than 5 minutes!</p>
Saturday	<p><b>Stretch and relax</b> Do an online <a href="#">yoga class</a> together</p>
Sunday	<p><b>Start a business</b> Could you start a business in your house or neighbourhood? What would the business be? Pet sitting? Doing odd jobs such as weeding flower beds or washing windows? Think of your business idea and try and sell it to your parents.</p>

## 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.