

Thrive activities useful for parents of children up to 7 years old – week one



Children love having parents who are playful, fun, interested and curious about them. Children enjoy feeling important and special and really benefit from having some individual time with parents.

Here are some creative activities that you can use with your child to support their emotional development at home. Play releases lots of feel good chemicals that help us feel calm, steady and connected. If possible, look to do these activities for as much as 20 minutes or more each day.

Monday	Use a finger to draw a flower on your child's hand; extend this to a guessing game with older children by drawing a shape, number, pattern or creature.
Tuesday	Dance together: perhaps teach your child a dance you did when you were younger. Be willing to learn one from them.
Wednesday	Make a den with cushions, blankets, bed sheets, clothes pegs, pillows – anything soft!
Thursday	Do loud singing then quiet singing, or very active movement then slow movement eg. find your favourite song and create a dance for it.
Friday	Use face paints together eg. favourite animals. After painting, wash each other's hands or wipe the fingers free of substance. Or draw each other's faces – you could even do it with your eyes closed!
Saturday	Set-up a treasure hunt: take it in turns to hide things for each other. Or play hide and seek!
Sunday	Try some gentle yoga moves. Or explore family.gonoodle.com/activities/around-the-town or family.gonoodle.com/activities/melting

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.
- ✓ Remember – children learn hugely through play, especially with an adult they love.

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



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 at through the arts, play and creativity.

Monday	Devise an exercise routine using funky moves. We would love to see them; share with us on social media!
Tuesday	Design your own game and play with the people in your house.
Wednesday	Draw a jar and fill it with all the things you appreciate.
Thursday	Do the dog and hippo dance with all your family. Watch it here.
Friday	Sort the recycling from the rubbish and make a junk model with what you can find – send us a photo!
Saturday	Cook something you have never cooked before for everyone for dinner.
Sunday	Play the game 'Beetle' with all the family. Find out how to play here.

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.
- ✓ The emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.

Thrive activities useful for parents of children up to 7 years old – week two



Children love being creative and adventurous especially when adults play alongside them. For children to become emotionally strong and healthy, they need safe challenges and new experiences. Here are some ideas of things you can do at home to support this important learning.

Playing outside if possible, improves children's physical and sensory development as well as their imaginations and it's fun! Here are some creative activities that you can use with your child, aged up to 7 years. All the activities can be adapted to use the resources you have available to you.

Monday	<p>Make a den</p> <ul style="list-style-type: none"> • Look for sticks and branches. • Find logs. • Hunt for interesting things to put in your den.
Tuesday	<p>Music festival</p> <ul style="list-style-type: none"> • Form your own band. • Make your own instruments. • Listen to music and dance along with the actions. Here are two videos to watch and dance to: Brain Breaks Action Songs
Wednesday	<p>Junk modelling</p> <ul style="list-style-type: none"> • Use your saved recycling rubbish to explore, create and experiment. • Use glue, sticky tape, string, paint, anything you like and let your imagination go wild! • Download 'Junk Materials Challenge Cards' for creative inspiration.
Thursday	<p>Nature treasure hunts</p> <ul style="list-style-type: none"> • Go on a treasure hunt inside or outside the house. Collect anything interesting or unusual. For example, flowers, buttons, leaves and toys. • Bug hunts - how many different ones can you find?
Friday	<p>Let's get moving</p> <ul style="list-style-type: none"> • Take part in The Body Coach's daily PE lesson on YouTube. • Create an obstacle course from items around the house, that includes balancing, crawling, stretching, throwing and catching. • Do physical activities in an outdoor space.
Saturday	<p>Cooking</p> <ul style="list-style-type: none"> • Share the preparation for a simple meal. • Peel and chop fruit and vegetables. • Make a sandwich with a choice of fillings. • Experiment with different flavours and textures.
Sunday	<p>Gardening</p> <ul style="list-style-type: none"> • Sow some seeds. • Do some weeding or tidy your outdoor space. • Look for bugs! • Water your house plants.

Top Tips:

- ✓ Allow children to play freely while you follow their lead, keep them safe and enjoy the experience alongside them.
- ✓ Encourage your child to be as adventurous and creative as possible, perhaps by role modelling the activity yourself first.
- ✓ Physical activity supports children by allowing thinking skills to develop.

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



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

Monday	Watch ' Your Secret Treehouse ' for a guided meditation and session.
Tuesday	Write a kind note to your neighbour.
Wednesday	Play a boardgame with the people in your house.
Thursday	Learn a new skill and teach it to everyone in your house – what is your new skill?
Friday	Find your favourite songs and all do karaoke.
Saturday	Lie in the garden and see what shapes you can make with the clouds.
Sunday	Think about some rules you can all have in your house.

Top Tips:

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Thrive activities useful for parents of children up to 7 years old – week three



Problem solving and planning can be both challenging and fun. Children learn to develop and try out essential skills best alongside a steady, calm and connected adult. We can use our problem solving skills to help children make sense of their experience and put meaning to it whilst at the same time managing big feelings. Here are some creative activities that you can use with your child, aged 3 to 7 years.

Monday	Do an online quiz of your choice, you could even compete with other members of your family.
Tuesday	Plan, design and build your ideal house. <ul style="list-style-type: none"> • How many rooms would it have, who would live there? • What would be your house rules? You could build it out of boxes, cardboard, empty household resources, Lego, virtually on a laptop or draw it.
Wednesday	Dreaming that we are In/at... 1. Someone chooses an imaginary place to go to (for example a school) but keeps it secret. 2. Players then suggest things to bring and have to guess where it is they are. So "tent" would be wrong – no tents in school. But a "notebook" is right. 3. Winner gets to choose the next 'dream' destination and maybe choose a forfeit for the loser. You could play this over skype with your friends!
Thursday	I'm Being Silly! 1. The adult starts off with a simple story and your child has to stop you when you have to said something silly. For example: <i>Johnny was a four-year-old boy on his way to school. As he left, he grabbed his car keys and buckled himself into the driver's seat.</i> 2. If they don't stop you, you keep going. 3. Make the story as easy or as tricky as you like. 4. Swap over! Choose a fun, safe and agreed way to stop the story when you hear the silly.
Friday	Pick your favourite song and create your own dance routine to it. Teach your dance to your family or to friends over skype. Or Have a go at Zumba!
Saturday	Games Day Get out your favourite boardgames and have a tournament!
Sunday	Create and make your own mud kitchen in the garden. <ul style="list-style-type: none"> • What could you make in your mud kitchen? • What would be your menu? Or plan and create your own garden of dreams!

Top Tips:

- ✓ Choose games with simple, easy to follow rules, you could even agree to take some rules away or add your own!

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We have put together some daily activities to support social and emotional development at through [the arts](#), play and creativity.

Monday	Create a picture of your safe space using anything you can find.
Tuesday	Using only a newspaper and Sellotape, see what you can create. Send us a photo of your creation on social media.
Wednesday	Pretend you are on Gogglebox – critique a programme
Thursday	Do some star breathing exercises – see picture at the bottom to show you what to do.
Friday	Doodle on a piece of paper and then see what you can make out of your doodles – email them to us!
Saturday	Make a picture of all the things you are grateful for.
Sunday	With permission from a grown up stay up late (or until it is dark and do some star gazing.

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.
- ✓ **The** emphasis is to be alongside and have fun, even if they do not win the game or things don't quite go to plan.