

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

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	Put together a time capsule and bury it in the backyard.
Tuesday	Make your own comic strip. Invent your own characters and create their own worlds! See how to create your own comic strip here .
Wednesday	Collect your old clothes and toys that you could give away to a charity. Teach them to play chess (or learn with them).
Thursday	Check mate! Have a go at learning how to play chess .
Friday	Have a room-cleaning competition! Assign each other a room to clean, and see who can clean it the fastest. Make a prize for the cleanest room and fastest person.
Saturday	Spend some time outdoors together. You could play tennis, go for a bike ride, play frisbee or go on a hike.
Sunday	Think of your favourite book or story, and act it out for your family. Would you make a change to the plot? Could you add a funny twist to the story or a shock that your family won't expect?

Top Tips:

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Monday	<p>Salt dancing Discover how music creates vibrations and makes salt dance! Try experimenting with different music to see which what happens with fast and slow songs.</p>
Tuesday	<p>Invent a secret code 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 as well and see if you can crack it.</p>
Wednesday	<p>DIY bracelets Learn how to knot friendship bracelets for your friends.</p>
Thursday	<p>20 Questions! 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>Playing tricks Learn card tricks in less than 5 minutes!</p>
Saturday	<p>Stretch and relax Do an online yoga class together</p>
Sunday	<p>Start a business 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>

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Monday	Put together your very own 'Happiness box'. Find an unused box to decorate and add things into your box that help you to feel happy. They might be pictures, objects or photos. Pop in all you can that take you to your happy place on those days where you might feel a little low.
Tuesday	Watch the Disney Pixar short film 'For the birds' with others at home. Discuss: What message is the film trying to convey? What could people learn from this short movie?
Wednesday	Ever learned how to French knit? Make yourself a recycled French knitting Nancy . Have a try and see what you can create!
Thursday	Find out about Rosa Parks . Who was she? What did she do? Why was her act so important and significant for equality?
Friday	Family restaurant. As the family chef, cook a family favourite that you have learnt to make over lockdown. Set your table to create your family restaurant for a night of good food and better company.
Saturday	Being in the present outdoors-listening. Close your eyes, take a few deep breaths-bring your attention towards what you can hear. Notice: which sounds are most obvious, which are in the background, which come and go, which are constant.
Sunday	Imagine 6 months from now. Draw or write what could look different, what challenges you will have faced and the positive changes you want to make. Focus on possibilities like feeling more confident about new learning, a new interest or building new friendships.

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Monday	Learn how to fingerspell using British sign language . Get a friend to learn too so you can have conversations!
Tuesday	Explore how to create a Stop animation film . Download and explore a free stop animation app such as Stop Motion Studio or Stop Animator.
Wednesday	Create a storyboard or cartoon strip to tell a story for your very own Stop-Animation film.
Thursday	Make some playdough in different colours. Create a game with your family around a given theme for example, The Simpsons characters. Can you guess each other's creations?
Friday	Create characters using your playdough ready for your filming tomorrow! Draw your characters first if it helps. Make sure they don't dry out before film day!
Saturday	Take One! Get yourself set for a day of filming to create your Stop animation movie. We'd love to see your film debut.
Sunday	Choose a day that you're feeling happy and write a letter to yourself to read when things are more difficult. Remember to include advice about things that have helped you to cope in the past. Read your letter to remind yourself that you have days when you feel less anxious and your mood improves.

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Monday	<p>Make your own musical instrument: Using rice or sand (anything that makes a noise!) and some egg cartons, make your own musical instrument. Follow this link to see how it is done.</p>
Tuesday	<p>Play Twister: 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!</p>
Wednesday	<p>Make your own paint brushes: 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!</p>
Thursday	<p>Partner sit n' stand: Play paired sit down and stand up – follow this link to see how it is done.</p>
Friday	<p>Are you like... Sand or dirt? An eagle or a cheetah? Follow this link to see how to play this fun, active game.</p>
Saturday	<p>Conversation starter: Follow this link 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.</p>
Sunday	<p>Create a school map: 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?</p>

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Monday	Card pyramid - can you build a pyramid out of playing cards? Click here to see how!
Tuesday	Make your own bookmark to use in your favourite book.
Wednesday	Learn a bunch of jokes and tell them to your family. You could use this link to learn some jokes that you have never heard before.
Thursday	Create a giant paper aeroplane. Follow the link to see how you can make your own.
Friday	Domino fall - line up dominoes next to each other, knock one over and watch them fall. Can you line up the dominoes to create patterns or words?
Saturday	Indoor bowling alley - stack up some plastic cups, plastic bottles or blocks, and create your own bowling alley. Use a ball to roll down and see how many you can knock over.
Sunday	Mix n match - draw 4 matching pairs of faces, patterns or animals on some paper plates or pieces of paper. Mix them up, place them down in a grid and turn them over. Then take it in turns to turn the paper or plate over and see if you can find the matching pair. If it doesn't match, turn the picture back over.

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Monday	How to train your dragon? Make your own out of pipe cleaners.
Tuesday	Write a letter to Mr Johnson airing your views on school return.
Wednesday	Create a takeaway – cheeseburger, fish and chips, wrap it up and take out to garden!
Thursday	Make your own bath bomb and chill out.
Friday	Friday – No Rules right? Have some sweets and stay up late! Sleep in the lounge or camp in your brother or sister's room.
Saturday	Some of you would just be finishing SATS – plan your after SATS party!
Sunday	Let's help out at home today – wash the car, cook, help tidy?

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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?

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Monday	Learn an ancient Egyptian skill – write your name in hieroglyphics, make a sign for your bedroom door.
Tuesday	Get outside and find some interesting stones and create a stone pet – we would love to see them.
Wednesday	Create an obstacle course and make a set of rules to follow as you go a round the course. We would love to see your ideas!
Thursday	Create an inspirational message to put in the window of your home for all to see. Upload a photo of your design to our Facebook group.
Friday	A dilemma to discuss with your family: you visit the shop and buy some sweets with a £10 note. The shopkeeper gives you change for a £20 by mistake. What do you do?
Saturday	How about you try out this Dance Monkey Zumba as a whole family.
Sunday	Wow another busy week! Try to relax with this guided visualisation . Take all the cushions and pillows and make a cosy den too.

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Monday	Create a piece of artwork that shows the support for the heroes supporting our country. We would love to see your designs.
Tuesday	Pick out some clothes for your parents to wear today – be creative! Let us see your photos
Wednesday	Have a go at the gratitude scavenger hunt .
Thursday	Make a game with jumping frogs! Decide the rules and learn a new skill too! Make the frogs with origami .
Friday	Using some of the recycling items to create a masterpiece!
Saturday	Talk about how you are all feeling . Create a wall of expression, you can all add together your feelings during lockdown, and knock a brick away at a time.
Sunday	Make a worry monster with deep breathing exercises.

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Monday	Sit down as a family and allow the children to make up the rules for house for 1 day – you must then all agree to stick to them!
Tuesday	If you were two deadly 60 animals that merged into one, which two would you be? What would they look and what would you call it? Post your new species in our Facebook group.
Wednesday	Create a song or a rap to your favourite tune in support of all the frontline workers, we would love to hear it
Thursday	Create a word cloud with all the feelings you have during this time in isolation.
Friday	Try some breathing activities to help you feel calm.
Saturday	Write a poem to called “life in Lockdown”. Have a look at this link for inspiration. We would love to see them!
Sunday	Write a letter to your future self, talk about how you helped your family or neighbours, the feelings you had at this time and what you wanted to be the first thing you did when isolation is lifted.

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Monday	Have a go at creating your family mission statement, and answering these reflection questions .
Tuesday	Why not try to learn a skill, we think OP art is a great place to start. Please share your pictures to our Facebook page!
Wednesday	Create a compliments tree, find some twigs and put them in a washed out tin. Cut out some paper leaf shapes, write a nice compliment for each person in your home and hang them on the tree – get everyone to add their compliments. We would love to see your finished tree!
Thursday	We have been in lockdown for a while now, it can be tricky to manage, create your list of coping tools, have a look here for some ideas .
Friday	If a dog wore trousers , how would it wear them? Draw your ideas and post them in our Facebook group.
Saturday	Today's dilemma to discuss with your family: You're in the middle of an intense video game. Just a few more points and you'll beat your high score. You hear Dad say it's time to turn off the game. The game's loud, so it would be easy to pretend you didn't hear. That way, you could finish the game. What will you do? Here are some great sentence starters to help construct your point of view.
Sunday	Relax today and draw some zentangle doodle art designs – we would love to see them.

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