

# Celebrate your child for who they are.



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.

These daily activities will support social and emotional development through the arts, play and creativity.



Monday	Devise an exercise routine using favourite moves and songs! Record it on a phone and share it with your teachers by email or with family members by showing.
Tuesday	Design your own game and play with the people in your house. Write the rules and create a box of games.
Wednesday	Draw a jar and fill it with all the things that make you happy – try thinking of one happy thing each day and then looking at your week of happiness by taking them out after seven days and sticking them on a poster.
Thursday	Do the dog and hippo dance with all your family. <a href="#">Watch it here.</a> Or Elmo Belly Breathing rap- <a href="https://youtu.be/_mZbzDOpyIA">https://youtu.be/_mZbzDOpyIA</a>
Friday	Sort the recycling from the rubbish and make a junk model with what you can find – create a scene to use with your toys.
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 <a href="#">here.</a>

## 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.