

Family is not an important thing,  
it's **everything**



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.

## Celebrate your child for who they are!

Monday	Create an exercise routine and teach it to your family with your favourite music. See if you can each do a different one and hold an exercise class. Who is the fittest?
Tuesday	Create a rap and perform it to your family - get your parents to do it too!
Wednesday	Play the game <a href="#">'Would you rather'</a> . For example, would you rather be covered in fur or covered in scales? Would you rather be a cat or a dog?
Thursday	Write a modern-day version of the Good Samaritan or your favourite fairy tale. Can you illustrate it and read it to your family at bedtime? Perhaps you can record your story and send it to your teacher?
Friday	Do some yoga - <a href="#">GoNoodle – Strengthen your focus.</a>
Saturday	Create a game from a ball, a cup and a spoon. What is your game called? What are the rules? Find three more objects and make another game;
Sunday	Read a book together or listen to a story on audible (it's free) Write a review. Maybe send it into school and the teachers might put it on the school website to recommend books to your friends.

- ✓ 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.