

Kids might struggle with being isolated!!

This guide includes ideas and activities for learning and well-being. It also includes some resources that may be helpful if you want to talk to your child about Coronavirus and are not sure where to start.

What we all need to remember is that right now all children need to feel comforted and loved. These are unprecedented times, and everyone can feel anxious about the uncertainties of this situation. Some children may think that the idea of being off school sounds OK, but the reality of being at home for prolonged periods of time and not seeing their friends will be very hard for all of us.

Over the coming weeks you may see an increase in emotional distress and behaviours that come with this. You might see anger, anxiety or protests that they can't do things they would normally do. This is normal and to be expected under these circumstances and adults will also be experiencing a range of emotions.

For all families, focusing on relationships is going to be important. Getting a balance between encouraging productive activities and battling with children to do formal schoolwork is going to be tricky. Arguing with your child about doing schoolwork is not going to be productive. It is often much harder for parents and carers to teach their own children, so do what you can. Lots of activities are so worthwhile; read stories, make dens, watch TV together, play in the garden, do puzzles, look after pets and simply try and spend quality time with your children. Remember that this is likely to be a marathon and not a sprint so feeling safe and positive relationships are most important.

To support children; make a plan, have routines, but be flexible and do what you can in your own circumstances. This guide has some ideas for less formal activities and experiences as well as resources for supporting schoolwork. This is to support you and help keep your child's mind working and active.

Your child's school will also have provided you with online resources or learning packs. Most schools will have staff able to email updates and communicate regularly with families during this time.



Making a plan

It's important for children to have some structure and routine. It's good for physical and mental health and helps avoid boredom!

Make your plan achievable and flexible.

Think about what **your child** needs.

- Try and have a morning routine - breakfast, getting dressed and washing etc.
- Think about your home space and resources - try and make a space for learning activities - however small - where you can keep resources and your child can sit comfortably.
- Make a timetable or daily plan and pin it up so it's visual.
- Keep it simple and add suggested times.
- Make sure there are some choices.
- Include some treats in the day.
- Headphones for music can help keep distractions down.
- Include some physical exercise.
- Include some non-screen time activities.
- Try and include some outside time e.g. garden or a walk.
- Include downtime and relaxing.
- Making lunch or snacks together or for each other could be part of the plan.
- How might you use ICT?
- Jot down ideas on your phone or in a notebook if you see good activities you could include.
- Check your school learning pack for ideas.
- Use online sites to get ideas.
- Think about household chores that could be part of the plan.
- Do you have hobbies or interests you can share with your family?
- Games and fun activities are just as important as school type work.
- Can you include some projects?
- Can you include online social contact- e.g. facetime friends or family?
- Stick to bedtimes.
- You know your child and if they need more structure or more flexibility.

Ideas for easy things to do with children of all ages!

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|---|--|---|--|---|
| Reading together | Sand pit | Construction—
Lego, Knex | Finger painting | Make dens
using sheets
and blankets |
| Watch films
together | Trampoline | Measure things
with a ruler or
tape | Play board games | Puzzles |
| Scrapbooks | Start learning a
new language | Make an
obstacle
course | Make collages out
of old magazines | Cooking |
| Baking | Practice a musical
instrument | Do a
workout | Play card games | Make up a quiz |
| Word games
(20 q's, alpha-
bet memory
games) | Treasure hunt | Do a quiz | iPad games/
tablet games | Make your own
board game |
| Origami | Colouring in | Take photos | Write a diary | Make a recipe
book |
| Do a chore
in the house | Child led project
about an interest | Drawing | Older children
deliver lesson
to younger | Learn a new language |

Ideas for easy things to do with children of all ages!

Press flowers/
collect leaves

Junk
modelling

Ready steady cook
challenge—what can
be made?

Papier mache

Take photos of
things close up
and challenge
people to guess

Science experiments—
float or sink in the
washing up bowl

Make a joke
book

Paint on
pebbles

Make decorations
like paper chains,
pom poms,
bunting

Make a
video to
share with
the family

Write stories/ make a
comic book

Karaoke? Find
lyrics on google

Grow cress
seeds/ apple
pip etc.

Create a playlist

Listen to
podcasts

Relaxation
exercises

Learn a new word
a day

Watch a
nature
program

Design a dream
island/ theme park

Enterprise project

Paper plates
crafts—make
faces/
decorate

Make jewelry from
pasta

Make paper
planes

Write letters or
cards

Create a time cap-
sule with messages/
pictures etc.

Make your
own word
searches

Play charades

Learn the al-
phabet in sign
language

Write and act
out a script

Have a picnic
indoors

Virtual tours
of museum or
zoo

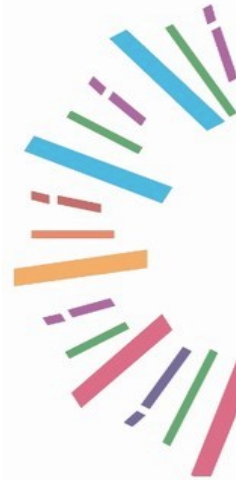
Make ice-lollies with
squash and water

Hairstyles/
make-up

Create outfits
and do a
fashion show

Research a country

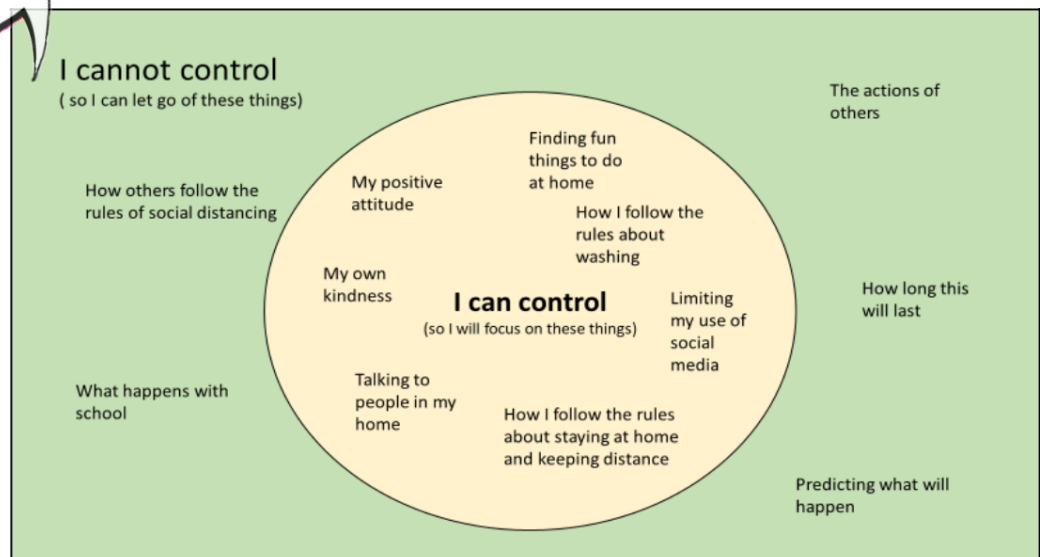
Well-being resources



Physical and mental health is going to be very important for your children and families. The link here are for activities and information to help support emotional and physical well-being.

- Over 30 links to story books that help with emotional well-being (free to download) - <https://theteacherist.com/2020/03/17/resource-pupil-wellbeing/>
- PE with Joe Wicks - 9am every morning for 30 minutes live on YouTube.
- Ideas for social and emotional activities— <https://thecounselingteacher.com/>
- Colouring sheets— <https://www.twinkl.co.uk/resources/daily-routine/indoor-play-activities/wet-play-colouring-sheets>
- Free downloadable resources covering all sorts—helpful for pupils anxious about being off school— <https://www.elsa-support.co.uk/category/free-resources/>
- Free to download meditation exercises— <http://www.freemindfulness.org/>
- Top 5 free Mindfulness Apps: Headspace; Calm; Aura; Stop, Breathe and Think; In-sight Timer

Helpful graphic to help anxieties



Useful Resources

About Coronavirus & how to talk to children about it!

- How to talk to children about the virus — <https://childmind.org/article/talking-to-kids-about-the-coronavirus/>
- Good visual PowerPoint about Coronavirus — <https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>
- Short story about the Coronavirus (very visual) - <https://www.mindheart.co/descargables>
- Short story about social distancing — <http://lead.me/bbPKG6>
- TES has resources around Coronavirus for all ages—www.tes.com

Useful Resources

To help with learning at home!

- Online/ home learning resources for all ages—<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>
- **#drawwithrob** on twitter—Children’s book author providing daily videos for children with step by step how to draw simple characters.
- Online maths resources for all ages—<https://whiterosemaths.com/resources/>
- National Literacy Trust (literacy resources for all ages) - <https://literacytrust.org.uk>
- UK Safer Internet Centre (how to stay safe online) - <https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff/teaching-resources>
- BBC Learning—<http://www.bbc.co.uk/learning/coursesearch/>
- British Council—<https://www.britishcouncil.org/school-resources/find>
- Twinkl—<https://www.twinkl.co.uk>
- BookTrust—<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/>
- Wide range of interesting educational videos—<https://thekidshouldseethis.com>
- Learn languages—<https://www.duolingo.com>

How to get children motivated?!

Children often separate school from home so the idea of doing ‘school type’ work at home might be challenging for some.

Ideas for motivation include:

- Short bursts of work with breaks and rewards
- Try and make some things a competition or choice—be flexible
- Try and get some tasks done in the morning and then enjoy down time