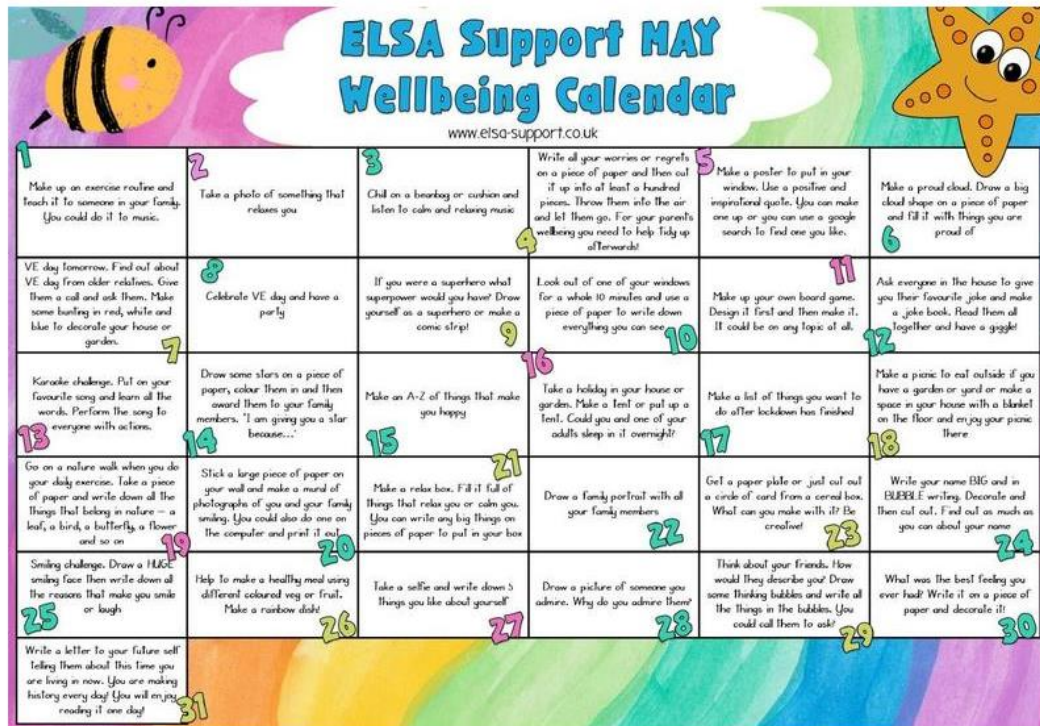


Ideas and websites for parents who are homeschooling during Covid 19

- Useful tips.**

You could complete the daily activities on this wellbeing calendar.



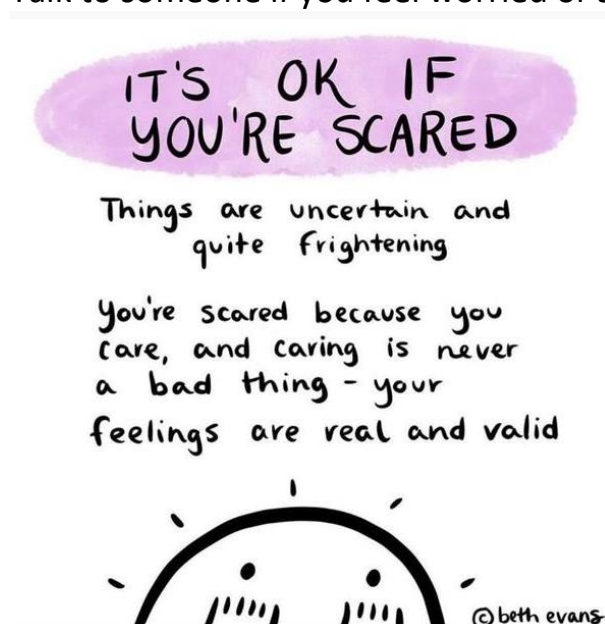
Or try out the suggestions below;



Find a routine that works for you and your

Wake Up Time	Breakfast, make beds, get dressed and put pjs in the laundry.
Morning Walk	Family walk with the dog. Exercise, stretches etc.
Learning Time	Activities from our website – alternate screen/screen free.
Creative Time	Lego, drawing, making, baking, playing music etc
Lunch	
Help around the house time	Wiping down kitchen, tables and chairs. Wiping all door handles, light switches and other surfaces. Wipe bathrooms, sinks and toilets.
Quiet Time	Reading, puzzles or even a nap! Device free time
Learning Time	Activities from our website – alternate screen/screen free.
Afternoon Fresh Air Time	Bikes, walk the dog and stretch legs.
Dinner	
Free TV time	Shower time for children too.
Bedtime	
Later Bedtime	Bedtime treat for those that follow the daily schedule and help with chores etc.

Talk to someone if you feel worried or scared



Anna Freud National Centre for Children and Families

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

MindEd

<https://www.minded.org.uk/>

Place2Be – this link has suggestions of Wellbeing activities for families- lots of ideas for things to do together.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>

You might also like to try Mindfulness, Yoga or Relaxation for children.



- [Cosmic Kids Yoga](#)



<https://www.youtube.com/channel/UCOhsO9HeXgvct90TTv7be2g>

All you need for the Alphabet Yoga challenge is a small space, your body and your imagination!

[Yoga Bears Poses – How many can you do?](#)

- Can you hold your body in a pose to look like each CAPITAL letter of the alphabet?
- Start with A and then B, C, D and so on. Try and hold each shape for 5 seconds before going onto the next letter.

- Can you complete the alphabet?
- INCREASE THE DIFFICULTY**
- Can you transition smoothly between each letter shape?

If you are concerned about too much screen time you might like to try these 25 activities;

Non-screen activities you can do at home
Pobble

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 ideas!

- 1 How many different words can you make from the letters in this sentence, below?** Grab a pencil and paper and write a list!
Learning from home is fun!
- 2 Think a community hero.** Think of someone that helps you in some way and write a short letter to thank them.
Thanks!
- 3 Get building!** You could build a Lego model, a tower of playing cards or something else!
- 4 Can you create your own secret code?** You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?
- 5 Start a nature diary.** Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?
- 6 Hold a photo session.** Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?
- 7 Build a reading den.** Find somewhere cosy, snuggle up and read your favourite book!
- 8 Use an old sock to create a puppet.** Can you put on a puppet show for someone?
- 9 Make a list of all the electrical items in each room of your home.** Can you come up with any ideas to use less electricity?
- 10 Design and make a homemade board game** and play it with your family.
- 11 Do something kind for someone.** Can you pay them a compliment, make them something or help them with a task?
- 12 Can you create a story bag?** Find a bag and collect items to go in it that relate to a well-known story. If you can't find an item, you could draw a picture to include.
- 13 List making!** Write a list of things that make you happy, things you're grateful for or things you are good at.
- 14 Design and make an obstacle course at home or in the garden.** How fast can you complete it?
- 15 Can you invent something new?** Perhaps a gadget or something to help people? Draw a picture or write a description.
- 16 Keep moving!** Make up a dance routine to your favourite song.
- 17 Write a play script.** Can you act it out to other people?
- 18 Read out loud to someone.** Remember to read with expression.
- 19 Write a song or rap about your favourite subject.**
- 20 Get sketching!** Find a photograph or picture of a person, place or object and sketch it.
- 21 Junk modelling!** Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.
- 22 Draw a map of your local area** and highlight interesting landmarks.
- 23 Write a postcard to your teacher.** Can you tell them what you like most about their class?
- 24 Draw a view.** Look out of your window and draw what you see.
- 25 Get reading!** What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?

Pobble.com – More writing, More progress.

- [50 Fantastic Ideas to Try at Home](#)
- [Spread the happiness!](#)

- [50 Brain Breaks for Kids](#) Quick, easy activities to help kids re-energize, refocus and give their brains a boost.
- [Activities to support learning at home](#)
- [Keeping active at home!](#)

If your child is concerned about the virus itself you might like to share this free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler (suitable for 5-9 year olds)

- [Coronavirus-A-Book-for-Children.pdf](#)
- [Information about the above book and a link to make a donation to the NHS](#)

There is also a book created by a nurse to help ease children's fears about the coronavirus. The free picture book, Dave the Dog is Worried about Coronavirus, features a dog named Dave relaying his anxieties about coronavirus to an owl named Dotty, who is a nurse.

- [Dave the Dog is worried about coronavirus \(1\).pdf](#)

Our School Is Closing - A story to explain to children why school is closing for a while

- [School-is-closing.pdf](#)