

Home Learning Opportunities



Your School's Family Support team are keen to support you whilst you are at home you're your children following the school closures. In this week's newsletter we want to provide you with a range of activities that you can try at home with your children.

On the following pages you will see a range of activity ideas that you can do at home safely and at little cost.

With schools continuing to be closed and many adults working from home, families are going to be cooped up. It's easy to get affected when children who are used to running around the playground and hanging out with friends are stuck indoors with their parents. Here are our tips for keeping everyone's physical spirits up as much as possible as we self-isolate.

There are also a range of web sites that you can access which will also provide useful ideas:

www.nationaltrust.org.uk

www.woodlandtrust.org.uk/blog/2020/03/nature-detectives

Please ensure you follow all Government guidance if you do venture outside. Please do not go out with groups not within your family group and practice safe distancing keeping 2 meters away from others.

Remember to contact your family worker if you feel you need additional support.

Visit www.gadeschoolsfamilysupport for more information.



Physical Activities

Activity	Yes	No	Maybe	Done
Make a Home Made Gym that needs no more equipment than a chair, a pillow or a sofa (see nhs.uk)				
Exercise (youtube workouts with Joe Wicks and Yoga with Adrienne are popular)				
Treasure Hunts				
Dance party				
Obstacle courses				
Indoor skittles				
Charades				
Make up a dance routine				
Indoor picnics				
Indoor camping				
Play hide and seek				
Play party games				
Pick a colour and find how many objects of that colour you can find in your house				

Keep a Routine

Mental health experts agree that it's important to maintain a routine in the days of isolation, or everything can blur into sameness. Mark out different parts of the day for different activities. Agree a schedule with your kids, so they know when it's time to do some gaming, when they need to move about, when they need to make food or be helpful, when they need to sleep.

Eat well and stay hydrated

It's currently difficult to find certain foods in some supermarkets, but there are already lots of ideas online for meals to make with store-cupboard staples. Eat a balanced diet. Get children involved in planning meals and in helping to prepare them. Make sure everyone drinks lots of water, too.

Sleep

This is related to exercise – we all tend to sleep better if we've been physically active. So try to fit some exercise into every day. Try some evening yoga to calm you down. And now is definitely the time to enforce a no-screens-before-bed rule.

Be kind to yourself and have fun

If you like jigsaw puzzles but you're usually too busy, use the time you'd normally spend on your commute to amuse yourself. Play games with your kids that you haven't played since you were a child. Or take the opportunity to play one of their favourites – maybe you'll discover a love of **Minecraft** or **Fortnite**. We don't give ourselves permission to play enough, as adults, so now is the perfect time to rediscover play, with your children.

Do something creative

Whether it's drawing, writing, playing music, knitting, or building a bus out of cardboard boxes, you can lose yourself in creative activity, experiencing a supercharged state of concentration and freedom that's been described as "flow". It doesn't matter how rubbish the end product is (though you probably have to want it to be good) – it's all about the process.

Get involved in your Children's learning

Work with your kids on whatever they're learning – and don't forget all the useful life-skills that aren't covered by the curriculum. Learn to bake bread together; teach them to cook eggs in six different ways. Learn an instrument or a language, or do a project together about something that interests you both.