

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.

It is really important at this time of uncertainty that you take good care of yourselves. Be kind to yourself and others around you. Create a good routine; get up and washed and dressed every day, drink plenty of water, limit screen time and have a good sleep pattern. In these difficult times, remember that you may feel a mixture of emotions; angry, sad, lonely, frustrated, bored, scared – **AND THAT IS OK!**

Reach out if you need to, talking is the best way to get help! Take time for yourself and learn some really important good life habits.

In this latest newsletter we are focusing ideas on how to support our own and our child/children's wellbeing. On the following pages you will see a range of activity ideas that you can do at home safely and at little cost.

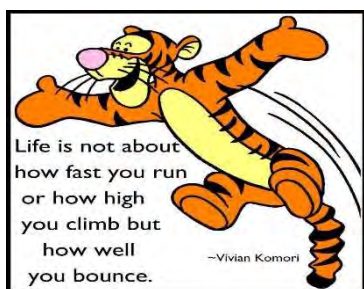
Useful websites you can also visit for tips and techniques to support our emotional wellbeing are:

www.healthyyoungmindsinherts.org.uk

positivepsychology.com/mindfulness-for-children-kids-activities

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

Visit www.gadeschoolsfamilysupport for more information.



Quiet Activities

Activity	Yes	No	Maybe	Done
Send emails/letters/pictures to your friends and family				
Board games and jigsaws				
Learn to braid hair				
Learn more about a topic that interests you and make a presentation				
Handwriting practice – to do lists/ shopping lists etc				
Read a book a week and do a book review				
Start a book club with friends and discuss online				
Have a movie night				
Look through old photos and memory boxes				
Make a random act of kindness list of things you can do when this pandemic is over				

Emotional Wellbeing

<u>Activity</u>	<u>Yes</u>	<u>No</u>	<u>Maybe</u>	<u>Done</u>
Have a tablet/console/phone free day				
Limit your screen time each day and be strict with yourself!				
Mindfulness exercises				
Pamper evening				
Learn a skin care routine				
Gratitude treasure hunt (see below)				
Resilience bingo (see below)				
The five senses exercises (see below)				
Meditation				
Research and find your favourite positive affirmation or quote				
Make a worry bag/jar/box and write or draw your worries and place inside				
Learn a new skill or try something new				
Stay active				
Teach someone in your family a skill				
Make yourself a daily routine				

Support your parents or carers to implement a rules and boundaries chart at home				
Start finding podcasts to listen to – grow your knowledge and look after your mental health				

Gratitude Treasure Hunt:

- Something that makes you feel happy
- One thing you love to smell
- Something you like to look at
- One thing that tastes good
- Something that is your favourite colour
- Something that makes you smile in nature
- One thing that is very useful for you
- One song that makes you happy
- Something to give to someone else to make them smile

Resilience Bingo

- Find one item that makes you feel calm and happy
- Think of a time you felt really happy
- Take a deep breath in and breathe out slowly
- Give yourself a hug
- Get a drink of water and look after your body
- Find a place at home that makes you feel calm and happy and sit there for a minute
- Tell someone you love how important they are to you
- STOP! Take a minute to think about what is happening

The Five Senses Exercise

- Something you can SEE
- Something you can HEAR
- Something you can TASTE
- Something you can FEEL
- Something you can SMELL