

Home Learning – Make the Most of the Easter Holidays when Self Isolating



The Easter holidays are approaching and while the current situation means we can't get out and about to enjoy the outdoors during Easter, there are plenty of activities for children and families to take part in together at home.

Within this newsletter your School's Family Support team are providing some tips and techniques for parents on how to make the most of the Easter Holidays while self isolating.

We appreciate that it is a difficult challenge to keep children occupied but there are a large number of resources available that parents can access.

The information enclosed within this newsletter is courtesy of Hertfordshire County Council Families First News. For more information visit www.hertfordshirefamiliesfirst.org.uk Hertfordshire County Council has verified the information contained within this update.

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

Visit www.gadeschoolsfamilysupport for more



Staying in Shape

Being stuck indoors is bound to have an impact on our waistlines, and children with too much energy are challenging at the best of times, so why not take part in a daily group exercise activity.

- Joe Wicks, the body coach is doing daily live workouts for children of all ages and adults can join in too! These short workouts are perfect for staying in shape, and getting some of that excess energy out. www.youtube.com and search for PE with Joe Wicks
- Dance with Oti: Strictly Come Dancing star Oti Mabuse is currently providing daily dance lessons for kids at 11.30am on her [Youtube](#), [Facebook](#) and [Instagram](#) accounts, so you can shake your hips and build up those appetites for lunchtime.
- If you're looking for something a little bit lower energy, but that can help with mindfulness and relaxation, [why not look into Cosmic Yoga?](#) Aimed at younger kids with lots of nursery rhyme references, it could be just what you need to get your morning off to a relaxing start.

Getting Creative

Now is a great time to encourage creativity in your kids, and there's no reason why you can't join in either, there's plenty of arts and craft activities taking place across the internet that you can get involved with:

- Anna's Funky Art: One of Hertfordshire's Year of Culture participants, [Anna is sharing art activities on her Youtube channel which can be used to help relax.](#)
- Draw with Rob: [Artist Rob Biddulph is live streaming a draw-along every Tuesday and Thursday](#) at 10am, you and your kids can follow along and even send your drawings in for Rob to see.
- Myleen's Music Klass: If you or someone in your family is a budding musician, [why not get started with these free online music lessons](#) from Myleene Klass?
- [Five Minute Mum on Instagram](#) has got some fun, quick games for parents to play with their younger children, and she's posting regularly during the coronavirus lockdown so there's plenty of content to enjoy.

Enjoy Some Culture

With plenty of time on our hands, it could be a good opportunity to get kids into interests they might not normally consider.

- [The National Theatre are live streaming plays every Thursday night](#), which will be free to watch on Youtube for a week after. These plays can be fun for all the family and possibly even useful as a bit of English revision.
- Our libraries may be shut, but that doesn't mean you can't access all of our great books and magazines. If you're a library member, [get the BorrowBox app to have access to thousands of books from your device.](#)
- If you're worried about your kids spending too much time on screens, why not look into the activities you can do in your garden? You could build a bug hotel, create a cairn, make flower crowns [or a number of other fun outdoor activities.](#)

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