

## Tips to help cope with self isolating and having children learning at home

- Try to stay as positive as you can! A positive mindset can really help.
- Children really thrive on predictability and routine. Structure can also help with anxiety when everything else around us is changing so quickly.
- Try to have a daily schedule for the children with different activities – maths, reading, writing, creative activities and other curriculum areas.
- Create a list of tasks to achieve each day or use a timetable but remember you will also need to allow for some flexibility.
- Remember some of the greatest learning takes place through talk and interaction. Use this as an opportunity to share learning together as a family.
- Children also learn so much from experiences. Not all learning needs to be formal. Helping with cooking, digging in the garden, going to a nature walk etc can all be incredibly education experiences. This is especially powerful if you are discussing with your child as it develops their vocabulary and communication skills too. This has been proven to have a huge impact on all other areas of learning and success in later life.
- Remember to also schedule fun and social activities such as a family film afternoon or time to Skype relatives.
- Make sure you distinguish between weekdays and weekends.
- Remember the importance of staying active and getting exercise. The guidelines from the NHS for children is for them to have at least 60 minutes of moderate intensity physical activity each day. There are lots of great websites that give ideas for activity sessions that can be done at home such as BBC Supermovers (<https://www.bbc.co.uk/teach/supermovers>) and Change 4 Life. (<https://www.nhs.uk/change4life>)
- Children need regular breaks and opportunities to stand up and move about.
- Learning at home does not need to be simply replicating school at home. It is not necessary to do six hours of learning like in school, as working one-to-one with a parent or carer is more intense.