

Staying well connected and sociable with people around us is good for wellbeing and mental health especially during isolation.

• Stay in touch with friends and family

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- Adults might like to keep in touch with other adults on groups on social media.
- Stay connected to our **Coleshill Heath** Primary Facebook group. Request to join as this is a closed group for parents of the school.

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- Children can **blog** and other pupils/staff can comment on their blogs
- Stay connected with our **School Dojo** system.
- Join us on Twitter @nfowles5 @ColeshillHeath @lil\_missteacher

Create your own museum. Children can set up a room with things that are of interest to them and write about their 'artefacts'. They can give parents/siblings a guided tour. If you don't have the space, try making it out of a shoe box.





The person leading the game should choose an everyday object and check everyone knows what it is. For example, a plastic jug is used for pouring and holding drinks.

Everyone should think of other uses for the object. They should keep going until the group has thought of loads of ideas. For example, maybe the jug could be filled with pens and used as a pen pot, filled with soil and seeds, or filled with sweets so people can play a 'guess the number of sweets in the jar' game.

Everyone should keep thinking of other uses for the object – the more imaginative, wild, and creative, the better! Maybe the jug could now become an alien's space helmet, a bucket to bail out a leaking pirate ship, or a holiday home for a goldfish.