

# Think about Thursday – Connect



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
- 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.
- 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**

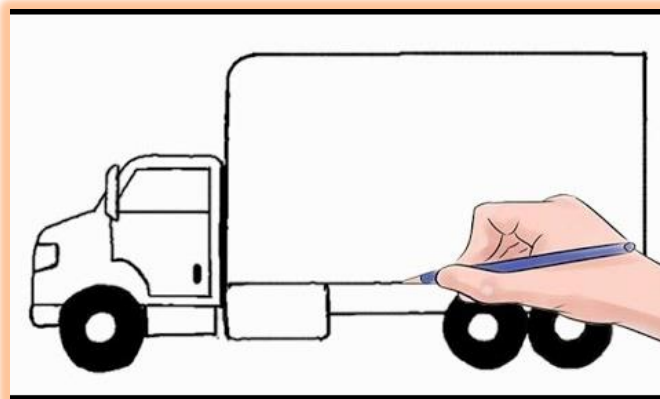
1

Encourage your child/children to create their own family quiz. They may need some support but try to get them to be as independent as possible. If they aren't confident writers maybe they could record themselves asking questions instead.



2

Connect with the world outside your house. Can children draw the transport they can see? Are there cars, bikes, motorbikes, delivery vans? Look at the different types and draw them in detail.



3

Connect with your teacher at school, write them a letter telling them what you have been doing during lockdown and also what have been your favourite moments from this year at school.

