

- When doing learning activities:
 - Be **realistic**. Keep the activity as short as needed.
 - Try following each activity with something they **enjoy** doing.
 - **Include breaks** where needed.
 - Before starting work, be **specific** about how much they need to do before they have finished.
 - Include lots of what they **enjoy doing** (e.g. if they like technology, there are lots of online learning resources available for free at the moment. Ask your school for suggestions.)
 - If possible, create a designated **learning space** e.g. this could be a space at the dinner table which is cleared with resources put out and ready when its learning time.

- Develop a **daily routine** i.e. try to have rough timings for learning, going outside, free time etc.
 - This does not mean you have to plan for every minute of the day or try to follow the school timetable. Home is different. Be realistic and do not put too much pressure on yourself/your child.
 - You could put together a simple visual timetable for this (e.g. pictures or written list).
 - You could put it together with your child. Try to give them some choices and control over their day.

Home Learning



- Try to do some **exercise** everyday e.g.
 - A walk outdoors.
 - There are lots of online activities available e.g. Joe Wicks; Cosmic Yoga.

If you have more than one child:

- **Alternate activities** between ones they can do on their own (e.g. colouring; online educational game) and ones they need support with, so that you can focus on giving support to one child at a time.
- Try to include time for **shared activities** e.g. a game; exercise; listening to an audio book together etc.

- Remember that a lot can be learnt from **everyday activities** e.g. helping with chores, cooking, tidying up!

- If in doubt, **Read!**
Share a story; take it in turns to read; listen to an audio book; listen to an online story (lots available on YouTube or ask school for suggestions)

During this exceptional time, the priority is **your child's wellbeing and your wellbeing!**

- Does your child have the chance to spend time doing things that help them calm, regulate and make them happy?
- It is also okay to let your child spend time doing things they enjoy alone so that you can have a moment to yourself!

