

Tips for things to do at home with your family - Secondary

Creative

- Baking
- Practice musical instruments
- Upcycling – paint some old furniture.
- Write a song/poem/play/story/cartoon
- Get the sewing kit out – make bunting, teddies, upcycle some of your old clothes.
- Write a blog/ create a vlog
- Send a letter to family members.
- Get creative with make up – special effects, cosplay
- Mindful colouring
- Learn a new skill – explore the internet for ideas.

Outside*

- Get in the garden – mow the lawn, plant some seeds/bulbs
- Garden in need of a tidy up? Fences/furniture need painting?
- Make up a treasure hunt (inside or outside) for younger siblings
- Go for walk or run (remembering social distancing)

Education

- Work provided by school (email & website)
- Revision
- Daily Reading
- <https://www.bbc.co.uk/bitesize> (Secondary)
- <https://www.bbc.co.uk/bitesize/levels/z98jmp3> (GCSE)
- www.twinkl.co.uk/

Example Routine

Breakfast

Activity 1 e.g. Education

Take a break

Activity 2 e.g. Creative

Lunch

Activity 3 e.g. Outdoor/Physical

Take a break

Activity 4 e.g. Education

Tea Time

Activity 5 e.g. Other/Helping/Emotion

Activity 6 e.g. Emotional Wellbeing

Bedtime

Physical

- Make up a dance routine.
- YouTube yoga, pilates, HIIT, other work outs.
- Get your family involved – become your household's workout instructor!

Helping at Home

- Looking after pets; feeding & cleaning.
- Teach the dog new tricks.
- Learn to cook a new meal
- Prepare a special meal for your parent/s.
- Help with younger siblings; playing with them, and helping them with their school work.
- Create a rota for everyone to help around the

Emotional Wellbeing

*****Practise self-care; maintain a routine, get enough sleep, remain hydrated, eat well, do things that interest you, learn something new, get fresh air, do some exercise and help others.**

This will help promote your emotional wellbeing & resilience at any time but particularly during a period of uncertainty***

- Write a journal
- Have quality family time; film or games night
- Exercise (see physical above)
- Remain connected with friends & loved ones – regular calls & video calls
- Write letters to your future self - <https://www.futureme.org/>
- Talk as a family about the current situation
- Limit exposure to the news & social media
- Practice precautionary personal hygiene
- Long soak in the bath/shower.

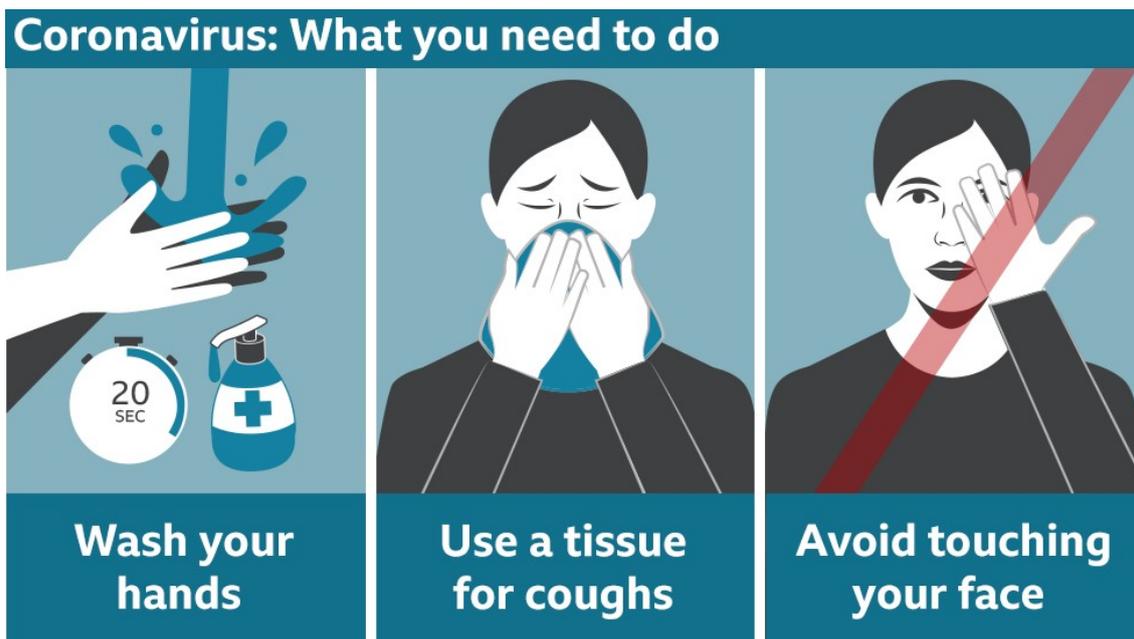
Other

- Learn all the lyrics to a song
- Set virtual challenges with friends.
- Listen to music
- Read a book
- PJ party with the family with snack food, films or a board game.
- Pillow fight with your family.
- Learn a magic trick
- Have a sort out; recycle, charity, keep
- Spa afternoon – facemask & a soak in the bath.

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Self Care for Parents & Carers

- Follow government advice but consider restricting amount of reading of news & social media to protect your emotional wellbeing.
- Break days into bite size chunks which are more manageable & achievable.
- Maintain normality – remain consistent and follow routine even if more flexibly than normal.
- Practice self-care; stay hydrated, sleep enough, eat regularly, exercise, allow time for yourself, do something that interests you, continue hobbies/interests, learn something new.
- Meal plan to prevent overeating and need for excessive foods and drinks.
- Keep connected with family & friends – support groups/forums, calls, video calls.
- Practice precautionary personal hygiene to prevent spread of virus.



7 Simple Tips on How to Talk to Kids About the Coronavirus

It is likely that children's awareness of the outbreak is growing. Here are 7 simple tips for how to guide the conversation with children about the coronavirus outbreak.

1. Be calm, honest, and informed.
2. Tailor your approach based on your child—think about whether more information makes them more or less anxious.
3. Share facts simply and calmly—kids take their cue from you.
4. Ask your child what they know, answer their questions and address any misinformation.
5. Validate their feelings, while reassuring them- "I understand this can be scary. The risk is still low, and we're well prepared."
6. Remind them of what's in their power—washing hands thoroughly and often, coughing and sneezing into their elbow, getting plenty of sleep, etc.
7. Model good hygiene, and try to make it fun! Think of or create a favourite song to sing while scrubbing hands for at least 20 seconds.

<https://www.savethechildren.org/us/what-we-do/emergency-response/coronavirus-outbreak/coronavirus-outbreak-how-to-explain-children>