

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

Creative

- Baking (cakes, cookies, muffins, pancakes etc)
- Make musical instruments using household items
- Junk modelling with recycling
- Write a song/poem/play/story
- Make Easter decorations
- Write a blog/ create a vlog
- Send a letter
- Create a cartoon strip
- Paint your nails
- Painting, gluing, drawing, colouring

Outside*

- Sow seeds (no garden? Use a container on a kitchen windowsill, use cress for quick results!)
- Water play – using jugs, cups, sieves etc.
- Play games outside; tag, catch/football, hopscotch etc.
- Use chalks to draw on patio slabs/paths
- Make up a treasure hunt (inside or outside)

**ensure to follow current guidance on being outside.*

Education

- Work provided by school (parentmail & website)
- Planet Teach
- Times table Rockstar's
- Daily Reading
- www.bbc.co.uk/bitesize/primary
- www.twinkl.co.uk/

Physical

- Make up a dance routine
- Play games (Simon says, stuck in the mud)
- Act out TV shows/films
- YouTube yoga (search kids yoga)
- Create an obstacle course
- Create an exercise routine for your family to follow

Helping at Home

- Feeding pets
- Cleaning pets equipment
- Age appropriate meal prep teaching basic cooking skills
- Hanging washing up
- Drying dishes

Emotional/Wellbeing

- Write a journal
- Mindful colouring
- Have quality family time
- Remain connected with loved ones – regular calls & video calls
- Write letters
- Give children opportunity to talk about the current situation & listen
- Reassure that they're safe
- Limit exposure to the news
- Practice precautionary personal hygiene

Other

- Learn all the lyrics to a song
- Play with pets, teach tricks
- Listen to music
- Read a book
- Boardgames
- Card games
- Pillow fight
- Make a den
- Learn a magic trick
- Tidy your bedroom
- Sort out toys; recycle, charity, keep
- Add a (tiny!) drop of food colouring & extra bubbles for a fun bath!

Example Routine

Breakfast

Activity 1 e.g. Education

Snack/Drink

Activity 2 e.g. Creative

Lunch

Activity 3 e.g. Outdoor/Physical

Snack/Drink

Activity 4 e.g. Education

Tea Time

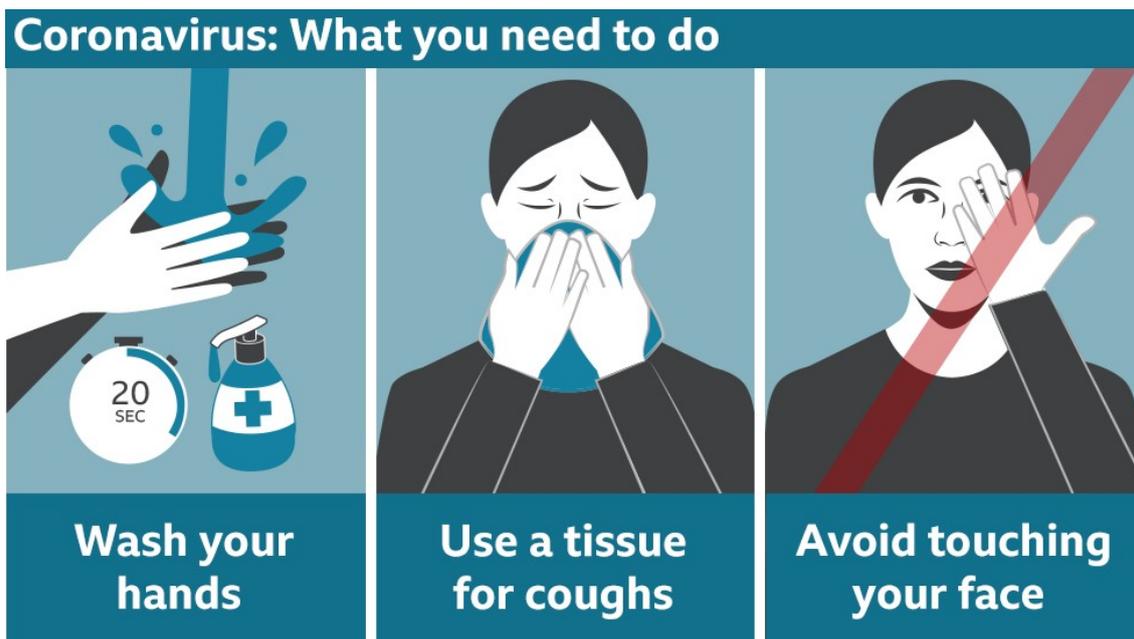
Activity 5 e.g. Other/Helping/Emotion

Bedtime routine

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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>