

Home Learning and Positive Mental Health and Wellbeing

Being away from friends and their usual routine is bound to be difficult for the children, and adults too. It is important that you think about how to maintain a positive attitude and also think about how to get exercise when schools are closed.

Looking after Wellbeing – Advice From Young Minds

- **Talk with your child about what's going on, keeping communication as open as you can.** Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. You can find our tips on starting a conversation with your child [here](#).
- **Try to answer your child's questions and reassure them in an age appropriate manner.** While you don't need to know all the answers, talking things through can help them feel calmer.
- **Encourage your child to do the things that help them when they're finding things difficult.** This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.
- **Reassure them this will pass, you're there for them, and you will get through this together.** Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.
- **Spend time doing a positive activity together.** This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our [activity ideas](#) for children, to help you
- **Keep as many regular routines going as possible to help your child feel safe and secure.** This can include things like having regular times for going to bed, waking up, eating meals and doing hobbies



Structuring Your Child's Day

- It might help the children to have a timetable you follow each day (similar to what they would have in school). It will help you too! During the time that the school is closed, we will continue to provide activities for your child to complete at home.

Physical Health + Wellbeing

Links to how to get exercise when at Home:

- Sport England has compiled a list of exercise ideas for keeping active in and around the home <https://www.sportengland.org/news/how-stay-active-while-youre-home>
- Joe Wicks will be hosting a free live workout for children at 9.00 every morning for 30 minutes on his YouTube channel-the Body Coach TV
- Change for Life: <https://www.nhs.uk/change4life>
- BBC Supermovers: <https://www.bbc.co.uk/teach/supermovers>

More Wellbeing resources:

<https://www.youtube.com/user/CosmicKidsYoga>

Themed yoga videos for children

<https://www.gonoodle.com/> Mindfulness and movement breaks, suitable for younger children

<https://www.childline.org.uk/toolbox/calm-zone/> Calming activities and resources for young people

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/> Young people's mental health charity

<https://www.kooth.com/>

Free online support for young people:

- Themed Yoga videos for children: <https://www.youtube.com/user/CosmicKidsYoga>
- Mindfulness and movement breaks: <https://www.gonoodle.com/>

Advice for parents:

<https://childmind.org/coping-during-covid-19-resources-for-parents/>

<https://confidentparentsconfidentkids.org/2020/03/13/my-kids-school-is-closed-so-now-what/>

Home schooling: Try not to make it more stressful for you or your children

Home schooling is not having a whole school day at home, it's about just keeping some form of learning, curiosity and discipline going. Allow yourself realistic expectations.