

Surviving School Closure – Top Tips

- 1) Plan a routine!** – Children have a very structured day at school and it will help them (and you!) to know that there will be some structure on the days that they spend at home with you.

Plan in a regular time to get up, have breakfast, get dressed, time for school work, screen time, reading, going outside (*only if you are not having any symptoms*), chores, family play time, etc. Do follow the guidance you have been given from school on how much time to spend on school work and which activities to do.

- 2) Make the routine visible!** Draw or write it on a piece of paper and stick it on the wall. Your child/ren will be more likely to cooperate if they can see and understand the structure you have planned.
- 3) Take time for yourself!** – Being at home with your children the whole day with little contact to the outside world is stressful. Make sure you have time to relax and energise – you can do that in the evening when they are in bed or while they are having screen time. If you stay well, you will be able to better look after your child/ren.
You might try to meditate, journal, exercise, call a friend, take a bath, listen to your favourite music, do a jigsaw puzzle,... This will be different for everyone and you need to see what works best for you.
- 4) Enjoy family time together!** While home isolation can be stressful, this can also be a great time to bond as a family and have lots of fun together. You can find some great ideas on how to do this in the list below.

<ul style="list-style-type: none"> • Home disco – turn the music up, the lights down and dance! • Home cinema – watch a DVD together with lights off and popcorn • Playing shops – using your tins, packets, shopping bag and some pennies • Board games and card games (e.g. Snakes and Ladders, Snap, Spoons) • Hide and seek – someone hides and the others look for them • Hide objects and child looks for them, say they are getting cold when they are going further away and they are getting hot as they get nearer • Making dens • Follow the Leader – the leader does different actions which everyone else copies, take it in turns to lead • Picnics <ul style="list-style-type: none"> - in the garden - under the kitchen table with a sheet over to make a den - in front of a DVD - teddy bear’s picnic • Use masking tape to create roads on the floor • Write and post letters to family and friends 	<ul style="list-style-type: none"> • Go through digital photos and videos together • Sort toys, clothes – what can be passed on/given to charity? • Choose a song and create a dance choreography together • Play musical statues • Make a paper aeroplane competition • Make a talent show • Making music with pots, pans, tins and jars • Cooking/baking together • Balloon tennis – bat balloons and try to keep them in the air • Memory games – put some items on a tray, cover with a tea towel and see how many you can remember • Giant picture with paints, crayons and anything to stick on (use wallpaper lining, magazines to cut out, wool/material/tissue paper to stick on) • Decorate paper plates or cut out holes for eyes and mouth and make into a mask • Make your own story book: Think of a story together, write it down and draw pictures next to it
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