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| Try our suggested routine and see if this helps the time to pass and keeps you busy…(Routines can help reduce boredom and improve behaviour) |
| Before 9am  | **Wake up** | Eat breakfast, make your bed, get dressed |
| 9am -10am | **Outside time** | Play in the garden, go to the park (keep distance from others), walk the dog, make a den, go shopping and learn how to use coins |
| 10am – 11am | **Learning time** | Do some of your work pack, practise times tables, learn spellings, make up a quiz about your topic, write a story |
| 11am-12pm | **Creative time** | Draw, paint, bake, playdough modelling, sew, knit, sing, play music, dance, LEGO, box modelling, indoor den building |
| 12pm | **Lunch** | Wash your hands, help to prepare and cook the food |
| 12:30 | **Job time** | Wash up, tidy bedroom, put the hoover round |
| 1pm-2pm | **Chill out time** | Reading, watch TV, have a nap, jigsaw puzzle, Go Noodle yoga |
| 2pm-3pm | **Learning time** | Go on the website to find some activities to do[www.heathfieldprimary.org.uk](http://www.heathfieldprimary.org.uk) |
| 3pm– 4:30pm | **Outside time** | Ride your scooter or bike, play outside, make mud pies, play eye spy |
| 4:30pm -5pm | **Reading time** | Curl up with a book, read to someone else, tell each other stories, get your reading challenge signed |
| 5pm – 6pm | **Evening meal** | Wash your hands, help to prepare and cook the meal |
| 6pm – 7pm | **Free time** | TV, computers, LEGO, creative activities, tablets, booksHave a shower or bath |
| 8pm | **Bedtime** | All children to go to bed, ready for tomorrow |
| 9pm | **Later bedtime if you** | Followed the timetable for the dayLearnt something new, been kind and helpful, followed the school rules… |

**A message about children’s Wellbeing at this confusing time**:

You might be inclined to create a minute by minute schedule for your children. You might have high hopes of hours of learning, including online activities, science experiments, and book reports. You’ll limit technology until everything is done! But here’s the thing...

Our children are just as concerned and worried as we may be right now. Our children not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before. Although the idea of being off of school for a few weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behaviour issues with your children. Whether it’s anxiety, or anger, or protest that they can’t do things normally - it will happen. You may see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it’s all going to be ok. And that might mean that you tear up your perfect schedule and push your love on to your kids a bit more. Play outside and go on walks? Bake cookies and paint pictures? Play board games and watch movies? Do a science experiment together or find virtual field trips of the zoo on-line? Start a book and read together as a family? Snuggle under warm blankets and do nothing for a while?

Don’t worry about them regressing in school. Every single child is in this boat and they all will be ok! When we are back in the classroom, we will all work hard to get this back on track and meet them where they are. Teachers are experts at this! Don’t get upset with your children because they don’t want to do work all day or follow a schedule every day and all week.

If I can leave you with one thing, it’s this: at the end of all of this, your kids’ mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during their weeks away from school is long gone. So, keep that in mind, every single day.

Stay safe and take care of each other.

