



TOP TIPS FOR COPING WITH SELF-ISOLATION AS A FAMILY



Children like to know there is a timetable to follow. Try to build in some structure. Chunk the day into 20 minute activities – look at our suggestions below to get you started.. Once you get used to the routine, you can be more flexible with how long activities last.

Try to include some maths, reading and writing each school day. Don't make this a battle – maths can be as simple as practicing times tables and reading might be you reading to your child or catching up on child friendly news such as Newsround.

Look out for things to do from your children's school, support worker or from the internet, which you can add in. Keep an eye on the school website for stuff. Ask school about free log ins for websites such as Times Tables Rock Star.

Add in fun activities each day. Put these at the end of the day to give kids something to work towards.

Try to include some physical activity, some quiet time, some 1-to-1 time with a special adult and for older children, some private time to relax or message their friends.

Make a timetable and stick it to the wall – show them that you are working through it. Tell them what they are doing 'now' and what they will be doing 'next'. Use our ideas to start you off!

Pick an area for messy play or craft, so it's easier to tidy up.

Make more space – move furniture around so children have a place they can run about.

Take turns with child care. An hour each would be best. If you are the only adult at home, make some quiet time for yourself after the children have gone to bed.

Look after your own health! Do some fun stuff -physical activity, talk to friends, watch YouTube, Netflix or a fun film.

Try to include some fruit, vegetables, milk, yoghurt and time playing by an open window in the sunshine each day. This helps children get the vitamins they need.

We all know looking after children can be stressful. If you feel yourself getting stressed or angry, use some of these tips to take a break:

- Swap with another adult in the house- a change of face does wonders!
- Open a window and take 10 deep breaths
- Go to the bathroom on your own and come up with 10 things you are grateful for
- Avoid spending the whole day reading the news or talking about bad stuff.
- Make sure all the adults have some time to themselves (even 5 minutes!)
- Stay in touch– phone, text, Skype, Whats App, FaceTime. Lots of people are setting up groups with neighbours – see if you can do this or join one. Chat through open windows or over the fence with neighbours, write a letter.
- Do some simple exercise if you can- go for a walk where you won't meet other people (if you do not have symptoms), jog up and down the stairs, build in some circuit training like press ups and sit ups, Youtube fitness videos etc.
- If younger children are having a tantrum or older children are in crisis, stay calm. Walk away if you need to. After the child has calmed down, talk calmly – ask them What happened? How did that make them feel? What can they do next time they feel like that?
- Make sure you have the phone numbers you need - like school, social worker, health visitor or school age plus worker.

Don't worry too much about having to teach your children the school curriculum, they will soon catch up once they are back in school. Make things work for you! If you like woodwork, teach your children some of your skills and build something together or if you are a brilliant gamer, find a children's game like Mario that you can play with them.

Monday	Tuesday	Wednesday	Thursday	Friday
Spellings	Spellings	Spellings	Spellings	Spellings
Timetables (do one times table each week) Copy them out three times	Timetables Write them out five times	Timetables Read them over and over	Timetables Test how many you remember	Timetables Show off to family and carers (sing them, chant them or write them out without looking)
Baking or cooking for lunch	Baking or cooking for lunch	Baking or cooking for lunch	Baking or cooking for lunch	Baking or cooking for lunch
Reading	Reading	Reading	Reading	Reading
Technology - model making from old newspaper or cartons	History – family tree	Technology – watch a science or technology programme	History – family history (how was life different 10, 20, 30 years ago?)	Nature – watch a wildlife programme
Special 1-to-1 time with a key adult	Special 1-to-1 time with a key adult	Special 1-to-1 time with a key adult	Special 1-to-1 time with a key adult	Special 1-to-1 time with a key adult
Treasure hunt	Den building	Hide and seek	Scrap book	Tidy my room
Drawing - portrait	Drawing - cartoon	Drawing - landscape	Drawing – fantasy or dream	Drawing – animals, monsters or machines
Making a soft toy using old clothes	Making a soft toy using old clothes	Making a soft toy using old clothes	Making a soft toy using old clothes	Making a soft toy using old clothes
Tablet or phone game	Tablet or phone game	Tablet or phone game	Tablet or phone game	Tablet or phone game
Geography – research local area	Geography – research countries family and friends have visited or know about	Geography – make a leaflet or guide to a country, city, town or village.	Geography – research local area	Geography – research countries family and friends have visited or know about
Drama – make a play related to a reading book	Music – listen to the radio and clap along to the rhythm	Drama – make a play related to a TV programme	Music – listen to the radio and sing along to the words	PSHE – write a page for a healthy living book (e.g. teeth)
Write a story	Write a poem	Write a news article	Write a play	Write a review of a TV programme, computer game or YouTube video
Races in the garden or quiet street	Jumping competition	Mini-gym (lifting cans of food or doing press ups)	Football or catching games	Dancing - make up a dance routine
Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends
Making board game for family and carers	Make a crossword for family and carers	Make a spot the difference for family and carers	Make a word search for family and carers	Make a riddle or limerick for family and carers
Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today
YouTube	YouTube	YouTube	YouTube	YouTube
TV time	TV time	TV time	TV time	TV time
Story time	Story time	Story time	Story time	Story time
Saturday			Sunday	
Lazy lie in Helpful jobs e.g. clean the bathroom, sort the kitchen cupboards, rearrange furniture Family Yoga – either follow a YouTube video or make up family stretches based around different animals Social time – use electronic devices or talk over the fence with neighbours. Games such as 20 Questions or Eye Spy. Family film			Quiet time Toy time – either playing with a special toy or with a key adult. Children’s assault course (under tables, round chairs etc) Family computer games Luxury bath or shower time e.g. toys in the bath	