

Well-being advice for Home Learning

The transition to home learning is a big change for your child. Our aim is to make this change as positive an experience as it can be. The resources and guidelines below can help you work with school to make home learning a successful experience.

Following this advice will be helpful for the whole family. Structure and organisation is known to promote a healthy mind and reduce stress and anxiety.

1. Establish a schedule.

During a big transition, students need consistency. Keep normal meal and bed times, and start learning when school typically starts each day.

- Write your child's schedule where they can see it
- Look at the tasks your child's teacher has set together at the beginning of the day.

2. Create a designated learning space.

Organize learning materials and designate a common area for learning. Ideally, the space has a strong wireless connection, can be blocked from noise at times, and is located where family members can participate in your child's learning.

3. Begin and end each day with a check in.

Designate time to check in with you child helps your child feel more secure and supports them to process the situation.

- Questions to ask: What are you learning today? What materials do you need? What did you enjoy learning today? What was challenging? How are you feeling today?

4. Schedule physical activity and social interaction.

Physical and social activity are essential to your child's wellbeing. Scheduling time for movement, social interaction, and play helps your child have a positive experience at home.

- Ideas: Create a family dance, act out a scene from a book, interview a family member, play your favourite game, cook or bake your family's favourite recipe

5. Support your child's emotional needs.

In stressful times, children need supportive and stable relationships with trusted adults. Stay close with your child and provide age-appropriate information.

6. Resources

These will support children and families with emotional wellbeing eg GoNoodle, CalmZone and Headspace.

<https://www.gonoodle.com/>, <https://www.headspace.com/> <https://www.thecalmzone.net/>

A suggested timetable for any period of school shutdown. Please bear in mind the positive affect structure and routine can have on your mind. We have created this suggested timetable with the wellbeing of all our families in mind.

Time	Activity	Suggestions
Before 9am	Wake up time	Make bed, eat breakfast, get dressed.
9 am	Schedule	Discuss activities of the day with your child
9.30-11.00	School Work	English and Maths activities in books or on tablets set by teacher.
11.00- 12.00	Free Time	Try to avoid electronics in this time. Children could, colour, play board games or get some fresh air close to home.
12.00 - 13.00	Lunch	Allow your child to help prepare Lunch. Try to sit together and discuss what they have done so far today.
13.00 – 13.30	Tidy	Ask your child to help with any house work that may need to be completed.
1.30-14.00	Quiet Tme	The perfect time for your child to read a book.
14.00-15.30	School Work	Any other tasks your teacher has set such as art, PE, Music, etc.
15.30-16.30	Fresh Air	Try to schedule some outside time as a family. This could be as simple as riding bikes or taking the dog for a walk together.
16.30-17.30	Dinner Time	Allow your child to help prepare Dinner. Try to sit together and discuss what they have done so far today.
17.30-19.30	TV/Electronics	Allow your child some free time to access TV and the internet. Please be aware that you should monitor what they are accessing as there can be information that may worry them on the internet.
19.30-20.00	Quiet Time	We all sleep better if we have had time to calm down. Use this time for showers and to talk to your children about the day. This would also be a good chance to read before bed.