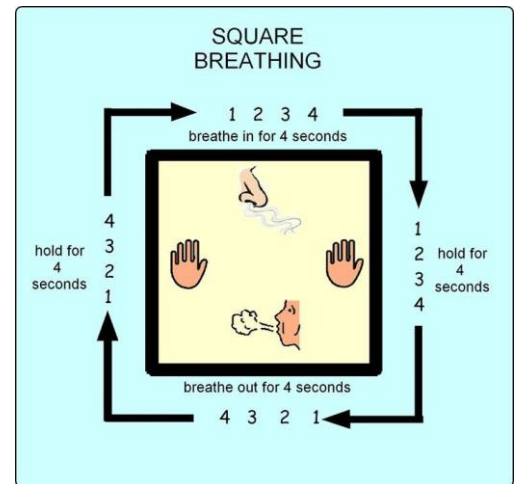


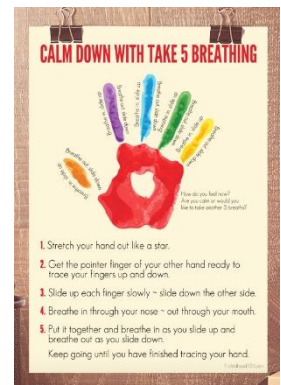
## Home learning ideas to support well-being

Some children will have found this time at home and the change in daily routine more difficult. Here are some things you can do if your child needs help to stay calm and happy until everything gets back to normal.

- **Breathing Exercises** – help your child to breathe. When we become agitated or anxious our breathing rate increases, here are some ways to help your child to breathe at a steady pace. **Milkshake breathing** – blow into a straw pretending you're blowing bubbles into a milkshake, can you make the bubbles come to the top of the glass? You could also blow actual bubbles, blow a feather and see if you can get it to move or blow a pinwheel. **Square breathing** – follow the diagram. Imagine a square; breathe in for 4 as you trace along the top of the square, hold for 4 as you trace along the side, breathe out for 4 as you trace along the bottom, hold for 4 as you trace along the side. **Take 5 Breathing** – create a hand print with your child and then follow the take 5 breathing poster. Some children might need a little visual to help them. The link below is for a fish that helps you to relax your breathing: <https://www.youtube.com/watch?v=gLbK0o9Bk7Q>



- **Sensory Activities** – sensory activities can help when your child is feeling worried. Have a go at some of the activities on the Sensory Home Learning sheet.



- **Movement Breaks** – go into the garden and challenge your child to; find five different things (e.g. a leaf, a snail, a bird, a tree, a flower), challenge your child to see who can do the most jumps in 30 seconds, play the game "copy me" encourage your child to copy your moves or to create moves that you need to copy, go for a walk, go for a bike ride, play ball games, play Just Dance or anything that your child enjoys doing that involves movement. Use the **Bizzy Breaks** poster for more ideas. If your child would enjoy yoga you could use the videos on this link: <https://www.youtube.com/user/CosmicKidsYoga>



- **Talk** – ask your child to pick one thing they would like to do each day, something that makes them happy. Ensure you make time to talk about how they feel. Some children find it helpful to draw their feelings others might need something to help them explain. You could use the **Mood Monsters** picture cards to help or the **Feelings Ladder** can also help some children to tell you how they are feeling. Validate their feelings no matter how unreasonable they seem and remind them that they are safe and loved.



- **Be Kind** – tell your child three things you love about them every day! Encourage them to say three things they think they are good at each day. If they can't tell you

anything pick three things and remind them of every day – you are helpful, you are good at sport, you are funny.

- **Music** – spend time listening to music as a family. Try a radio station like **Fun Kids** - you can listen via your radio, online or on your TV.



- **Mindfulness Colouring** – colouring can really help to relax your mind if it is busy worrying about things that it cannot control. There are lots of websites where you can find mindfulness colouring <https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>, <https://www.bestcoloringpagesforkids.com/mindfulness-coloring-pages.html> and <https://www.kidspuzzlesandgames.co.uk/coloring-sheets> . If you don't have a printer just drawing and talking together can help your child to stay calm and feel connected. You could encourage them to paint/draw a rainbow to go in your window.



- **Keep in Touch** – find ways to keep in touch with friends and family.
- **Take Up Time** – if it seems like your child isn't listening or doing things you ask, you may need to give them "take up time". This means giving them a few minutes to process what you have asked them to do and respond. When we are anxious or agitated it can take us longer to respond to a request from someone else.

The websites and apps below also have lots of other ideas:

<https://www.playattune.com/post/free-printable-3-youtube-animations-to-teach-perspective-taking-skills> (you don't have to sign up for this to access just scroll down).  
<https://www.playattune.com/post/free-tool-how-to-develop-your-childs-problem-solving-skills>  
<https://www.headspace.com/meditation/kids>  
<https://insighttimer.com/>  
<https://www.camhs-resources.co.uk>

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