Back to school – new routines - primary

What is this?

Learning about routines and how this can help us all manage changes in our lives.

For children at nursery and P1

* There are many things that we all do every day. Talk with your child about the routines you and your family have as part of your daily lives. How many activities can they list as things that they do every day?
* Think back over the last few weeks. Ask your child if there are any new things that they now include in their daily routine? For example, hand washing, being active, and playing outside.
* Together, find a nursery rhyme or song that would help your child remember to wash their hands for 20 seconds.



For children at P2/P3/P4

* Ask your child to tell you about the things that they do every morning before going to school. Talk about the meaning of the word ‘routine’.
* Can your child tell you about any new routines that they have started or seen others do in the last few weeks?  Can they recognise, or have they seen, any signs or posters whilst out and about that help people to understand new routines?
* Ask your child to think about how people might help them to understand new routines at school. What do they think their classroom might look like? There will be changes in their school and class. Help your child to talk these through and what things might look like.

For children at P5/P6/P7

* Ask your child to make a list of all the important routines that help them in life. Talk with them about the importance of routines in helping us when life becomes busy. Can your child recognise how routines help you in your daily life?
* Talk with your child about the difference between managing their own routines and being told what to do.
* Ask your child to write about how they feel about two new routines that will be part of returning to school. How will these routines become part of their school life? Can they think about what schools and classes will be like now? It will help if they can imagine all the differences they might see in their school.

