

Home Learning Advice for Parents



The following are some ideas to support nurturing whilst staying at home. Your child's school website or glow page will have many more.

Second Level: Nurturing

Keeping in touch with friends and family

There are lots of ways to keep in touch with friends and family from texting, phone calls, and video calling. These can be set up for groups as well to be able to keep in touch with friends or wider family easily. Sending cards or letters to friends and family could be a nice way of letting them know that you are thinking of them and making them yourself can also be a fun way of spending an afternoon.

Random acts of kindness

Small acts of kindness can make a big difference. They can make you feel good as well as helping others. While things feel uncertain at the moment, small acts of kindness are something you can have control over. The Red Cross have resources to support this including a daily acts of kindness calendar and suggestions of activities: [CLICK HERE](#)

Good News

Listening to the news can feel scary and overwhelming at times. There has been an increase in good news stories recently focusing on positive things that have been happening.

Newsround have a weekly 'Happy News', [CLICK HERE](#)

First News have 'Positivity Place' [CLICK HERE](#), and

Twinkl Newsroom has a weekly fake news quiz, [CLICK HERE](#).

Gratitude journal

A focus on positives and things you are grateful for has been shown to increase positive emotions and improve well-being. Try writing down three good things from your day in a special note book or in your phone, no matter how small. For some prompts [CLICK HERE](#).

A Good Night's Sleep

Lots of things can affect your sleep including a change in routine or feeling worried. Part of a good sleep routine includes having time to relax before going to sleep. This could be having a bath, reading or something else you find calming. Relaxation activities might also help. The 'Smiling Mind' App has lots of different guided relaxation activities including ones to help sleep. The Childline website also has some really useful top tips for getting a better sleep: [CLICK HERE](#)



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