

# Home Learning Advice for Parents



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

## Second Level: Responsibility

### Responsibility for me

How am I keeping myself feel calm? This is important to do before I try to help other people:

- Talk to an adult about how I am feeling.
- Make a breathing shape board (click [here](#) for ideas).
- Try out some meditation - click [here](#) for ideas
- Do some drawing or colouring in.
- Write a letter to someone special (a grandparent, a teacher, a friend).
- List some things I feel thankful for.

### Being responsible in my home

We have opportunities at home to play active and responsible roles. What can I do to help the adults in my home? The other children in my home? Some ideas might include:

- Helping with preparing and/or cooking food. Some recipes can be found [here](#).
- Tidying bedroom
- Taking out rubbish and recycling
- Helping hang up the washing

### Being responsible in my community

Physically staying away from other people that don't live in our homes just now is an important and responsible job, as we are helping massively reduce the spread of coronavirus.

What other ways can you keep in contact with friends, family members and teachers?

When we are outside for any responsible reason, it is extremely important to keep a 2 metre distance from other people who don't live in our home. Click [here](#).

### Being a Responsible Citizen

Choose a TV show to watch with your child. After the show, talk with her about what you saw. Point out specific things characters in the show did and talk about whether they were being responsible. If so, why? Ask your child whether a certain character should have done something differently.



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