

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.

First Level: Responsibility

Responsibility for me

Try some of these activities to help your child feel calm.

- Phone or message a friend or family member.
- Get some exercise – click [here](#).
- Use five finger breathing (click [here](#) to find a video to help me).
- Build or make something or do a puzzle
- Do some stretching or some yoga (click [here](#) to find a video to help me)
- Look at some photos or objects that remind me of a happy memory.

Being responsible at home

Encourage your child to help out at home. Talk about what they can do to help others in the home and when they are going to do these things. Make a chore wheel or planner. More ideas can be found [here](#).

Being responsible in my community - I'm a Superhero

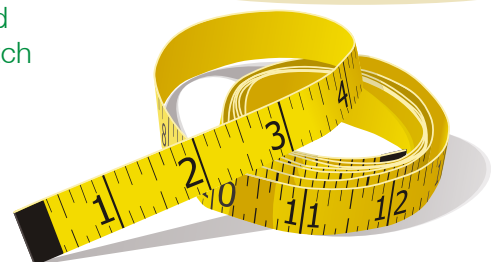
We all have a big responsibility to keep our communities safe, now more than ever. Physically staying away from other people that don't live in our homes just now is an important and responsible job: we are superheroes!

- Staying away from your granny or grandpa's house just now is very responsible. By doing this you are helping them to keep safe and stay strong. Well done!
- Washing your hands so often might feel weird, that's because you're fighting all those millions of germs with your superhero skills.

Social Distancing

The words social distancing can be confusing – [here](#) is a video to help show you what it means. Can you guess what 2 metres looks like?

- Can you find something in your house that is as long as 2 metres? (Try and find a broom, a dog leash, or use some chalk outside and draw a hopscotch that is 2 metres long).
- Remember it is not just 2 metres in front, it has to be 2 metres in every direction! Look at [this](#) to help you.
- What can you see of other people when you are standing 2 metres away? Can you see their freckles? Can you see the colour of their eyes?



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