Dear Parents,

I am putting up a daily programme for the kids you to follow with the kids at home. This will follow more or less the same routine every day.

With regard to health and well-being, this is anxious time for us all, the children included as things are far from normal! Given this, I recommend googling stopforamassage/blog/6. There are videos here which show you how you can deliver a story massage. This has great benefits for children in terms of calming and boosting self- esteem. It may be advisable that only parents who are currently not in regular contact with the public deliver this and that hands are washed before and after delivery. If that is both parents, there are plenty of other resources which can be accessed such as cosmic yoga on youtube, there are also movement breaks and breathing exercises on Go Noodle which can also be accessed via youtube. The children are very familiar with these videos.

Regards to you all,

Miss Lynch