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| Structure/timetable  Try to maintain structure for the day. Set times for when to work and when to relax and have some ‘down time’. Keeping a bit of routine is good for children during times when things can seem quite uncertain. | Place for learning activities  If children are doing school work or project work at home, try to keep it all in one place so that it doesn’t spread out over the house. This can help to maintain a work/home boundary. | Take regular breaks  Don’t try and replicate a ‘normal’ school day. However, it is good to try and take regular breaks, just like play time and lunch time in school. Set targets for small amounts of work to be completed by a set time then have a break. Try to keep routine of having regular breaks to recharge and refresh. | Focus on the child’s interests and hobbies  Sometimes it can be hard to engage children in learning at home. Try to encourage them in using their interests and hobbies. Can they create their own games based around their interests? Top trump cards of their favourite football players, a board game based around their favourite foods, for example. |
| Outdoor learning  Try to get the children outside as much as you can, where possible. Outdoor learning is great for children especially during warmer dry weather. Even doing some formal work whilst sat in the sunshine is a positive working environment. | Variety of leaning activities  Children don’t all enjoy working in the same way. Try to get children learning in a variety of ways. Enjoy working outside, with hands-on activities, on logical brain teasers, with creative tasks or presentational projects on the computer. | Health and well-being  This is an important area for both you, as parents, and your children. Activities that you can both take part in are great for spending time together and challenging each other. Baking, following recipes and preparing food for the family, are great ways of focusing on your health and well-being. | Maintain friendship contact  Friendships are a key resiliency factor for children and young people. Most children see their friends nearly every day of the week and so not being in contact with them for some time might be upsetting. Is it possible for children to talk to their friends on the phone? Perhaps establish a group Skype or WhatsApp call? Perhaps they could write letters or emails to each other. |
| Allow a time for play activities  Play is really important for children to relax and reduce any stress that may build up from working. It is great for adults too! | Avoid too much pressure on academic learning  Most parents and carers aren’t teachers and so it’s OK not to be doing ‘school work’ for six hours a day. It might be more important to be spending time together, building relationships, enjoying shared activities and reassuring children, as opposed to replicating the school timetable. | Screens aren’t bad, but use time limits  Screens often get a bad name and sometimes rightly so. However, they can be a good release for some children to escape the stress of a strange situation. Set time limits or parental controls on devices to ensure they stay safe online. Agree a contract for using devices that the children have been a part of putting together, so they have some ownership of screen time. | Reassure children that are worried  Children can sometimes become worried or unsure of the situation, especially with so much news available in daily life. Keep reassuring children, try to keep things as normal as possible and reassure them that lots of children and adults are in this same situation too. |