

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Spellings	Spellings	Spellings	Spellings	Spellings
Timetables (do one times table each week) Copy them out three times	Timetables Write them out five times	Timetables Read them over and over	Timetables Test how many you remember	Timetables Show off to family and carers (sing them, chant them or write them out without looking)
Baking or cooking for lunch				
Reading	Reading	Reading	Reading	Reading
Technology - model making from old newspaper or cartons	History – family tree	Technology – watch a science or technology programme	History – family history (how was life different 10, 20, 30 years ago?)	Nature – watch a wildlife programme
Special 1-to-1 time with a key adult				
Treasure hunt	Den building	Hide and seek	Scrap book	Tidy my room
Drawing - portrait	Drawing - cartoon	Drawing - landscape	Drawing – fantasy or dream	Drawing – animals, monsters or machines
Making a soft toy using old clothes				
Tablet or phone game				
Geography – research local area	Geography – research countries family and friends have visited or know about	Geography – make a leaflet or guide to a country, city, town or village.	Geography – research local area	Geography – research countries family and friends have visited or know about
Drama – make a play related to a reading book	Music – listen to the radio and clap along to the rhythm	Drama – make a play related to a TV programme	Music – listen to the radio and sing along to the words	PSHE – write a page for a healthy living book (e.g. teeth)
Write a story	Write a poem	Write a news article	Write a play	Write a review of a TV programme, computer game or YouTube video
Races in the garden or quiet street	Jumping competition	Mini-gym (lifting cans of food or doing press ups)	Football or catching games	Dancing - make up a dance routine
Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends	Private time (depending on the age of the child) Play with toys Whats app family Face time friends

Making board game for family and carers	Make a crossword for family and carers	Make a spot the difference for family and carers	Make a word search for family and carers	Make a riddle or limerick for family and carers
Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today	Write a list for my headteacher – what I have done well today
YouTube	YouTube	YouTube	YouTube	YouTube
TV time				
Story time				

<b>Saturday</b>	<b>Sunday</b>
Lazy lie in	Quiet time <ul style="list-style-type: none"> <li>Religious or spiritual activities such as making a dream catcher, family prayer or sharing stories from your faith</li> </ul>
Helpful jobs e.g. clean the bathroom, sort the kitchen cupboards, rearrange furniture	Toy time – either playing with a special toy or with a key adult.
Family Yoga – either follow a YouTube video or make up family stretches based around different animals	Children’s assault course (under tables, round chairs etc)
Social time – use electronic devices or talk over the fence with neighbours. Games such as 20 Questions or Eye Spy.	Family computer games
Family film	Luxury bath or shower time e.g. toys in the bath

## Helpful Hints for Coping With Self-Isolating

- Try to build in some structure. Children like to know there is a timetable to follow.
- Chunk the day into 20 minute activities (use the table above for ideas). Once you get used to the routine, you can be more flexible with how long activities last.
- Try to include some maths, reading and writing each school day. Don't make this a battle – maths can be as simple as practicing times tables and reading might be you reading to your child or catching up on child friendly news such as “newsround” from BBC websites.
- Try to include some fun activities each day. Having these towards the end of the day will give children something to work towards.
- Try to include some physical activity, some quiet time, some 1-to-1 time with a special adult and for older children, some private time to relax or message their friends.
- Write out a timetable and stick it to the wall – show children that you are working through the timetable. Tell them what they are doing ‘now’ and what they will be doing ‘next’.
- Identify an area for messy play, learning activities or craft, where things might get a bit messy.
- Try to make some places with more space – push furniture to the back of the room, or move tables so children have a place they can run about.
- Share out child care. Each adult could look after the children on the children for an hour on their own, to give each other a break. If you are the only adult at home, make some quiet time for yourself after the children have gone to bed.
- Make sure you look after your own health. Do some physical activity, talk to friends about happy topics or watch a funny film or YouTube clips of your favourite sport.
- Look out for activities from your children’s school, social worker or from the internet, which you can build in to your timetable.
- Don't worry too much about having to teach your children the school curriculum, they will soon catch up once they are back in school. Make things work for you! If you like woodwork, teach your children some of your skills and build something together or if you are a brilliant computer gamer, find a children’s game like Mario that you can compete with each other.
- Try to include some fruit, vegetables, milk, cheese, yoghurt and time playing by an open window in the sunshine each day. This helps children get the vitamins they need.
- Looking after children can be stressful. If you feel yourself getting anxious or angry, use some strategies to take a break.
  - Swap care with another adult in the house
  - Open a window and take 10 deep breaths
  - Go to the bathroom on your own and come up with 10 things you are grateful for
  - Avoid spending the whole day reading the news or talking about negative things
  - Build some quiet time into the timetable for all the adults in the house
  - Find ways to contact the outside world – phone or text friends, chat through open windows or over the fence with neighbours, write a letter to loved ones (even if you can't send it at the moment)
  - Find ways to do some simple exercise e.g. take a walk where you wont meet other people (if you do not have symptoms), jog up and down the stairs, build in some circuit training like press ups and sit ups.
  - Use Skype, Whats App, FaceTime or texting to message friends and family.
  - If younger children are having a tantrum or older children are in crisis. Stay calm. Walk away if you need to. After the child has calmed down, talk calmly – ask them What happened? How did that make them feel? What can they do next time they feel like that?
  - Make sure you have phone numbers for your school, social worker or school age plus.