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|  Connect  |  Learn  | Active | Notice |  Give  |
| \*Phone a friend or family member for a chat\* Facetime/video call a family member\*Connect with family members in the house\*Connect with your pets\*Where possible, connect with your neighbours\* Connect via live videos –e.g. Joe Wicks livechildren’s workouts, live author stories, live drawing classes(for a list of live streams)[https://www.culturewhisper](https://www.culturewhisper.com/r/immersive/live_streams_for_kids/15296)[.com/r/immersive/live\_strea](https://www.culturewhisper.com/r/immersive/live_streams_for_kids/15296) [ms\_for\_kids/15296](https://www.culturewhisper.com/r/immersive/live_streams_for_kids/15296)\*Play games with your brothers and sisters\*Write a letter/postcard to a friend/neighbour/ family member who lives far away | \*Sign in to your daily Zoom lessons and complete the activities you have been set.\*Take the time to learn something new – how to sew, how to bake/cook\*Be creative – start a project – building project/ art project/science project\*Learn a foreign language (bitesize videos) /sign language (lots of videos online)\*Learn something about your family members.\*Learn how to draw – follow YouTube videos (e.g. #DrawwithRob – children’s author)\*Keep reading!Listen to stories read by authors too – on ebooks | \*Get 30 minutes of fresh air each day\*Play in the garden\* Go on a walk in the fresh air (keeping a safe distance from others)\*Go for a bike ride\*Do some gardening\*Joe Wicks online PE lessons (YouTube 9am M-F)\*Online yoga\*Take the dog for a walk\*Put music on and dance\*Create your own obstacle course in the house\*Create your own workout routine /circuits to do as a family | \*Notice how you are feeling– it’s OK to feel worried, lost or angry.\*Notice how others are feeling – what could you do to cheer them up?\*Notice nature – when you go outside, what can you see, smell, hear?\*Notice what you are eating– Has it changed? Is it affecting your mood? Are you eating healthily?\*Notice if you are tired – are you getting enough sleep?\*Notice the positives – list them each day\*Do some planting and notice the changes as your seeds/plants grow\*Notice your breathing – Take 5 or do other breathing techniques | \*Can you help an elderly or vulnerable neighbour?\*What could you do to help your parents?\*Give a smile (or a wave)– it is a strange time for everyone, a smile is a powerful thing.\*Give your time – it’s important that you stay connected to others\*Write a letter/draw a picture and send it to a nursing home – the elderly will be feeling lonely and your letter will make them smile\*Give laughter – tell a joke/be silly/have fun – laughter is the best medicine! |