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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 live  children’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! |