

Activity Ideas 10

Make the most of your unexpected time together! Let YOUR inner child out!

LAUGH LOVE LIVE

Keep a balance and be realistic about what you can do – working from home, school work etc will need to be factored in and it is also ok for children to have time when they entertain themselves.

Avoid competitive games and flash points

You might find it helpful to have a timetable

Try to keep the rules and boundaries that you already have in your home

Don't worry about the housework!

Things feel slightly different this week with some changes to lockdown rules and the return to school for some children. With this in mind I have included some new activities below and some advice and guidance which you may find useful.

- Make a map of your route to work or school – whether you walk or drive and signpost landmarks and key points on the way that you can talk to your children about.
- If it's possible to do so, take a walk to school to have a look at what is going on there – there may be some changes to how the environment looks or it may just be useful to re-familiarise children with the location and setting.
- Make a box room, house, office or classroom making miniature furniture and people – if you are making a classroom or office you can use this activity to begin to talk about how things might look – how layouts might have changed.
- Role play social distancing using bases and places to help children further understand this concept
- Play stuck in the mud type games – to further explore the concept of social distancing.
- Make stick puppet people and allow children to use these to work through worries about being in contact with other people – listen to what they are saying and work with them, support them with their concerns and make this as fun and playful as possible.
- Continuing to have a dialogue about the changes will be useful to help us to understand children's thoughts and feelings about the corona virus.
- Make fruit faces and animals
- Allow children to draw freely and spend time being curious about what they are drawing

I have written this poem for children returning to school – you might like to use it and make a Peter two meter with the children.

A new friend in school

We have a new friend here in school

Someone you've yet to meet

He's got red hair

He's got blue eyes

And very, very long feet

He's a very tidy person

He like's things to be neat

He doesn't say much

He doesn't need to touch

Just measure with his very long feet

His name is Peter

Last name Two Meter

He'll answer to the name Pete

He'll let you know with a hey and a ho

If you step on his very long feet

So lets welcome Peter to our school

And celebrate his very long feet

Let's keep the rule, be safe in school

And tell everyone we meet!

Heidi Sheppard Certified Play Therapist.

Preparing Your Child For the First Day Back in School

As schools begin to open to more children, parents and children may well be feeling anxious. Here's some ideas of how best to prepare.

Be Calm.

Your child will take their lead from you and be reassured if you are steady and matter of fact.



Be Curious.

These are strange times and their imagination may run away with them. Listen, and try not to dismiss or minimise their fears but validate how they are feeling – “it’s completely fine to feel like that at the moment” or ‘I can really understand why you would feel like that’



Be Positive.

Remind them of all the ways they have learnt to keep themselves safe: washing their hands regularly, sneezing and coughing into their elbow, not hugging others and staying in their own space.



Be Thankful.

Help your child think of things they are looking forward to: being with their friends, seeing their teacher, favourite activities but be mindful some of these may not be available for them



Be Supportive

Younger children particularly may struggle with separation anxiety and may become tearful, clingy or act out. Reassure them that you will miss them too and think of them through out the day. It might be helpful to draw a little heart on their wrist and one on yours too. You can call it the hug button and when they find they are missing you they can press the heart and know that you will be doing the same at home. Sometimes having a little object to remind them of you through the day helps but please check this out with your school first.



Be Prepared.

Support your child to be aware of changes that may have happened to their classroom environment since they were there last and rehearse any new routines that school may have shared. Rehearse and practice your ‘goodbye’ routine and create a ‘hello’ greeting for the end of the day for them to look forward to.

