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We are at home right now

by

Elsa-Support

Schools are now closed and we have to stay at home.

Being at home a lot can be a bit boring. We are missing our friends. We aren't sure what to do? Our mum and dad might be working but from home. We have to occupy ourselves because our mum and dad are quite busy with their jobs.





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We need to make a plan on what to do every day. We have been given some work to do from our teachers so that has to be on our plan.

We can plan to go out into the garden or yard to get fresh air and sunshine. Vitamin D which comes from the sunshine is so important to our immune systems.



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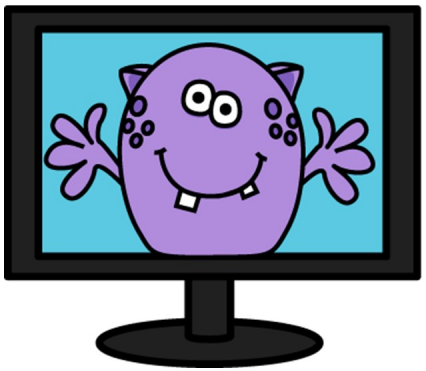
We can plan to watch a bit of tv every day but not too much.

We can plan to do some colouring or craft every day. We could even make a card for someone.

We can plan to play with our toys at some part during the day.

We can plan to help our mums and dads by doing some jobs around the house every day.

We can plan to go on the computer for a little time each day but not too much!





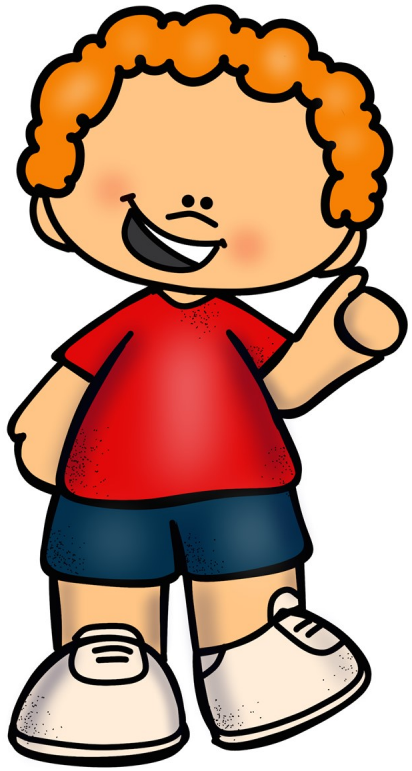




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Our mums and dads will be really pleased if we occupy ourselves and plan our days properly. We can write our plan down at the beginning of the day and then try and stick to our plan. It might look like this…

- ❑ Get up, get washed and dressed
- ❑ Write our plan for the day
- ❑ School work
- ❑ Snack then play outside in the garden or yard for a bit
- ❑ School work
- ❑ Lunch then play outside in the garden or yard for a bit
- ❑ Craft activity, colouring or toys
- ❑ Snack then play outside in the garden or yard for a bit
- ❑ Listen to some music, dance or play an instrument
- ❑ Tea time
- ❑ TV time or computer time
- ❑ Read a book or listen to a story
- ❑ Supper and bedtime



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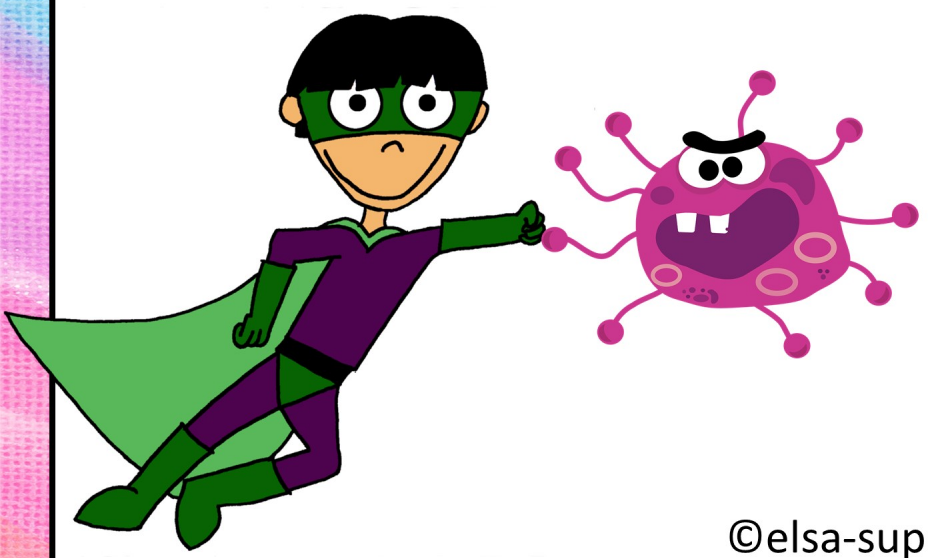
If we can do this we won't be bored.

At the end of the day we can feel proud that we filled our day with exciting things to do.

It is important right now to be in the Superhero team and help to fight this virus.

By staying at home we are helping to stop the spread of the virus. This won't be forever but just for a while until the virus has stopped spreading.

We will soon be back at school again with our friends.





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My Daily Plan





List of things I want to do today

Think about:

- School work
- Outdoor play in the garden or yard if possible
- Relaxation time
- Toy time
- Creative play and crafts
- Music, listening, singing or instruments
- TV
- Computers
- Game time
- Drawing, colouring or art
- Helping with chores or helping in some way
- Ringing a family member or a friend
- Reading a book
- Baking or cooking (under supervision)
- Drama – act out your reading book with a sister or brother
- Put on a show for everyone in your family

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