

TOP TIPS FOR CREATING A HEALTHY HOME LEARNING ENVIRONMENT

LOCKDOWN 2021 (PRIMARY VERSION)

PARENTAL WELLBEING

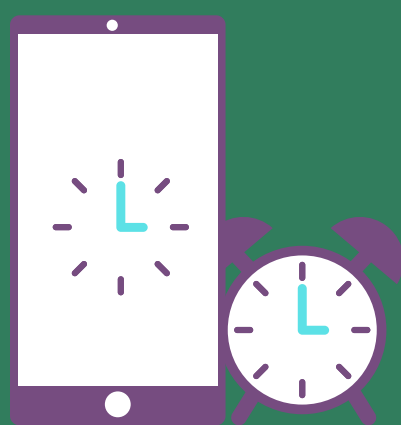


- Remember most children do and can work independently during the school day - there is no reason they should not be able to do this when working at home.
- It is even more important to stick to your usual bedtime routines for your children - once they are in bed it is adult time and a chance to relax.
- Involve your young people with household chores - this is a great time to work on life skills.
- Make time to connect with friends and extended family members.
- Limit your exposure to media/news outlets.
- If necessary adapt your child's timetable to fit in your own timetable. The timetable has to work for you as a family.
- Remember whole class lessons are not as easy to differentiate as in the classroom - manage your expectations for your child.
- **BE KIND TO YOURSELF** - it may not always go to plan but tomorrow is another day.

MAINTAINING ROUTINES

Many children benefit from routine and clear boundaries but particularly those children who are on the autism spectrum or whom are anxious.

- Try to replicate the timings of the school day - start, snack/break time, lunch, end of the school day.
- Children are used to seeing visual representations of the day - use a clear timetable. Have a clock in the room.
- If young people are used to having a morning snack, keep to this routine.
- Ensure lunch break comprises of time to eat as well as free play time - preferably outdoor. Top up their vitamin D.
- If your child takes the same lunch to school each day continue with this.
- Keep to school day waking and going to bed times. Tired children find emotional regulation difficult.
- Ensure your child's hydration - most children will have access to water in school throughout the day.



DIFFERENTIATE BETWEEN LEARNING TIME AND HOME TIME



- Some children will benefit from wearing part of or their school uniform during the 'school day'.
- Use a visual timetable as above. This can be supplied if you message.
- Signify the beginning and end of the school day - that may be taking a register or end of the day school story time.
- Create a dedicated 'work' space.
- Put away resources and school work out of sight during non-school hours.
- Draw up home learning rules - these can duplicate your child's school rules which they may know off by heart.
- If you are working from home also, try working alongside your child and model good working habits.

BRAIN BREAKS/NON-SCREEN TIME

Brain breaks are mental breaks designed to help young people stay focused and boost brain function. These are especially important if your child is accessing learning online. Healthy brain breaks would be

- Going for a walk - scavenger hunt
- Dancing - releases feel good endorphins
- Rub your head, pat your belly
- Play-Doh
- Play keep it up with a balloon or ball
- Play Simon Says
- Yoga or mindfulness
- Colouring
- Do a Daily K
- Star jumps
- Jogging on the spot
- Identify 3 positives in their day

