



HOME SCHOOL LINKS

Family e-Newsletter



Note from the author:

We are now heading towards the end of week 4 in the Coronavirus lockdown. It may be that you have adapted to this new way of life and are even thinking about the changes that you want to take forward into your 'normal' life in the future.

“Take this time to reflect on what is really important to you”

This is the time of year when families are usually planning days out to connect with loved ones and friends. This year, let's focus on trying to make being at home as fun as possible. This week I'll be sharing some creative ideas to stay safe and mentally well.

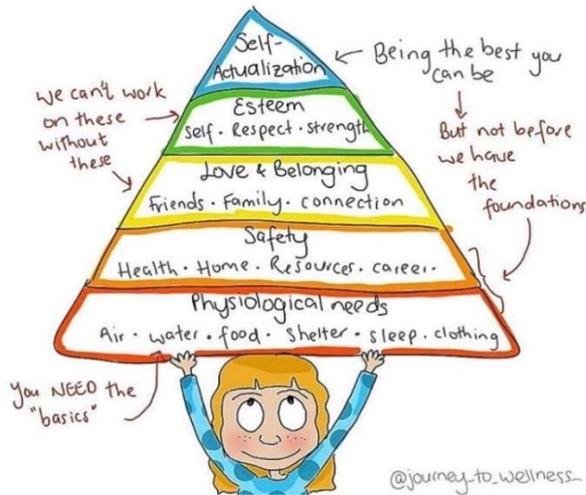
Parent tips to encourage creativity

1. Asking questions: Creativity is all about questioning: How can I? Why should it? What would happen if? How can I make this or how can I change this?
2. Keeping everything: Do not throw anything away. Keep a bag with all the egg boxes and toilet rolls in a corner, because that's going to be a mine of incredible craft-making materials.
3. Setting challenges: What kind of musical instruments can you make today from the items in the corner you've saved? Use resources like [Twinkl](#) and [BBC Bitesize](#)
4. Being creative with space: Think about the space in your house. What can you change, what room could be theirs? What space is not utilized? What can you get rid of to make them a work area for their equipment? That's a very easy thing to fix.
5. Thinking outside the paint box: Creativity is not just about arts and crafts, it's also about the kitchen. What kind of lunch can they make for you while you're working?

Topics covered this week include:

- Creative ways to have fun at home
- What children really need
- Keeping the mind healthy
- The power of resilience
- Helpful tips and resources

MASLOW'S Hierarchy of Needs



What children really need....

We know that what children and young people need most in these unsettling times is a sense of security and certainty. The foundation of this is having a home that feels safe and predictable. Routines can really help children to feel settled.

Keep calm and carry on

There are going to be interesting, diverse scenarios taking place in homes at the moment, just remember that your children are transitioning to this new way of living. We need to use lots of negotiation and give and take. Every parent is concerned because we're taking up a new role here for the first time. But it's not going to be permanent. There's no quick fix, and you're not a failure, because this is brand new to us all. The positive thing is we're going to get to know our children more.

Try a Mental Health Check-In

Mental Health Check-In

Use an emoji to share how you're feeling today.

- ❤️ I'm doing really great!
- 👉 I'm doing pretty good.
- 👉 I'm doing okay, I guess.
- 👉 I'm starting to struggle.
- 💔 I'm having a really hard time.
- 💜 I need to reach out for support.

Try these language scripts with your children...

- How are you feeling right now?
- What do you need to feel better?
- This way of life is just for now and not for forever
- How can we recreate and connect the thing you're missing the most?



Resilience Matters

We are all learning new ways of being and are having to adapt our approaches to communication and interaction at record speed. For some this will be daunting and is a step outside your comfort zone.

What is resilience?

There are many different definitions of resilience used in research and practice. Some people think of resilience as:

- Bouncing Back, Bouncing Up or Bouncing Forward
- Doing better than you'd think given the circumstances
- Beating the odds

7 Wellbeing Activities for 7 Days
Created by Frederika Roberts
[Click here to download](#)

TOP TIP OF THE WEEK



Anna Freud Resources for reassuring children and young people who are worried about the Coronavirus:

[Click the Link Here](#)

CREATIVE CORNER

Why not try making a salt dough keepsake, of this time together with your family



