



Some ideas and links to activities that may help everyone in your home to stay positive and calm in this uncertain times.



Use the below links for

Exercise

This releases chemicals, in your body, like endorphins and serotonin that help to improve your mood. If you exercise regularly, it can reduce your stress and symptoms of mental health conditions like depression and anxiety.

<https://www.youtube.com/watch?v=JdBIXPWM8AI>

Go Noodle gets children up and moving to fun, engaging content and games. It allows children to wake up their bodies as well as engaging their minds you can find these videos on YouTube kids

Ideas from Matt on Chiltern wood website or Instagram

<https://www.bbc.co.uk/teach/supermovers>

These are videos that will get your child up and moving, and they can also be selected based on which key stage your child is in.

Meditation/relaxation

This can help children to regulate their emotions, thereby having fewer meltdowns, reduce their impulsivity and improve concentration and focus.

<https://annakaharris.com/mindfulness-for-children/>

This website offers guided meditation through the form of audio clips - please copy and paste into the address bar.

<https://www.youtube.com/watch?v=DWOHcGF1Tmc>

Struggling to get the kids to sleep? Allow these relaxing Sleep Stories, Guided Meditations and purposely-designed Sleep Meditations to get your little ones off to a perfect nights rest (also a free app that can be downloaded).

Mindfulness

Mindfulness colouring is a relaxing and calming activity which can also encourage children to explore their creativity while improving fine motor skills.

<https://www.teachstarter.com/gb/blog/classroom-mindfulness-activities-for-children-gb/>

A list of 5-10 minute mindfulness activities you children could do daily.

<https://www.elsa-support.co.uk/heart-box-mindful-colouring/>

A lovely craft for home, a positive word, message or drawing can be placed inside. Please copy and paste link into address bar!

Self-esteem

Self-esteem helps children cope with mistakes and build their resilience. It helps them try again, even if they fail at first. As a result, self-esteem will help them do better at school, at home, and with friends. Children with low self-esteem feel unsure of themselves, so improving self-esteem, improves confidence.

<https://www.kidsplayandcreate.com/self-esteem-character-building-activities-for-kids/>

This website offers lots of lovely activities and games that you can complete with your children. Please copy and paste link into the address bar!

<http://www.plantlovegrow.com/self-esteem.html>

There are some wonderful activities here that you can print off for children

Hygiene

Important now more than ever but educating children on good hygiene is the best way to avoid the spread of infection and disorders; teaching the principles of correct hygiene at an early age can help keep individuals healthy in later life, and be taught to future generations.

<https://www.childfun.com/themes/people/health-and-hygiene/>

Great list of fun, engaging and exciting hygiene themed activities to do with children, particularly for younger children.

<https://www.ellipticalreviews.co.uk/health-games-for-kids/>

This website will give you links to a variety of resources that link to hygiene and health. For example; personal hygiene, staying fit, nutrition, human body

Self-care

Self-care is about the things that we can do to look after our own mental health.

<https://www.annafreud.org/on-my-mind/self-care/>

A variety of activities that will help you and your child to manage your wellbeing.

<https://www.childline.org.uk/toolbox/calm-zone/>

Plenty of breathing exercise, activities, games and videos to help let go of stress.

Reflection

Personal reflection allows us to grow as human beings. It allows us to review what we have already done and think about targets and goals we would like for ourselves.

Children could keep a diary to write down or draw their thoughts, feelings and emotions. Watch the daily zones of regulation videos being posted and point to how they are feeling, and what tools they could use to get back to the green zone.

Writing letters, drawing a picture or making colourful marks on paper to family members that we cannot see or even the people who are currently isolated in our local care home. It will allow the children to practice their letter writing and artistic skills as well as put a smile on someone else's face. Below are the addresses for some local care homes:

- The Heights - 5 Langley close High Wycombe

- Above beyond care - 74 Marlow hill HW
- Hazelmere Lodge - Barn lane Cedar Ave Hazelmere
- Chilterns Manor - Northern heights Wooburn green Bourne end
- Sunrise of Beaconsfield - 30-34 Station road Beaconsfield

Gardening

Gardening is educational and develops new skills including: **Responsibility** - from caring for plants. **Understanding** - as they learn about cause and effect (for example, plants die without water, weeds compete with plants) **Self-confidence** - from achieving their goals and enjoying the food or plants they have grown.

I am sure if not already look out for some outdoor, well-being activities from Lynne (Forest school) on our website to do together in the garden or open space

Being outdoors improves mood and wellbeing, as well as giving us all a break from technology and providing children with a different learning environment. **(Government restrictions permitting).**