



# Primrose Hill Primary School

*Holiday Wellbeing for the whole family.*

Due to self isolation and social distancing this will undoubtedly be a holiday like no other. On the brighter side, this is a golden opportunity to strengthen those family bonds and make the most of your time together. Hope this leaflet helps in some way and lets you know that we are all thinking of you.

## - Top 10 tips -

Taking time to listen to each other's concerns – which may be similar or different to our own – is particularly key in relation to children and young people, who may feel overwhelmed by a complex and changing situation which isn't being clearly explained for their perspective. Be curious about what's on their mind, so they feel able to speak to you in their own time and in their own way.

1. Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends. If the news is dominating or making children anxious then restrict this—<https://www.bbc.co.uk/newsround>

4. Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.

7. Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. For activities ideas, visit <https://youngminds.org.uk/starting-a-conversation-with-your-child/starting-the-conversation/>

2. Talk to your child about what is going on. You could start by asking them what they have heard.

5. Keep as many regular routines as possible, so that your child feels safe and that things are stable.

8. Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.

9. Encourage your child to think about the things they can do to make them feel safer and less worried.



3. Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.

6. Reassure your child that it is unlikely they will get seriously ill, and if they do feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.

10. Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

# - The NHS 5 ways to Wellbeing -



## Connect

This is really challenging in the current circumstances as we are 'social distancing' and need to physically stay away from people. However, we are in an age of digital connectedness and we can use the internet and phone to keep in touch with each other. We can even invite family and friends to socialise via video apps, including FaceTime or WhatsApp.”

Write a list of the people to make contact with every day/every few days.

- Ask them how they are
- Share what you have been learning
- Write them letters, or a poem
- Draw them pictures
- Send them photos

This is a good opportunity for children to practice their handwriting as well as their keyboard skills.

## Be Active

Be physically active. YouTube is full of resources that young children can use to be more physically active at home.

- Ride your bike/scooter
- Try yoga
- Try some dance routines
- Go for a jog
- Home exercise with Joe Wicks
- Go over Jordan's daily challenges and see if you improve



## Take Notice (Mindfulness)

Learn about **British trees** – learn about a new one every day or, spot a tree you like and identify it.

### The Sky

Take some time each day to watch the sky in the day and at night.

### The Clouds

When you look at the sky in the day, watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.



### The Moon

Learn about the moon and its **different phases**. Make some time to have a look for it each night. Maybe draw a picture of what you see.

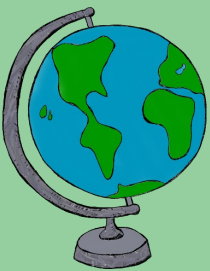


### The Stars

See if you can spot stars you recognise and give them names. Older children can try to spot different **constellations**.

## Keep learning

It is important you have a break during the holiday but keep your mind active – maybe research a new country- just for fun!



- What animals live there?
- What is special about the place and its people?
- What do they eat?
- Which continent is it?
- Identify its location on a map
- What is its climate like?
- Flag?
- What other interesting facts did you learn?

## Give to others

This is a tricky one with social distancing, but we can still give people our time without being physically close to them. Check on people and make sure they are okay. We can also give people some of the things we create – share some of your baking with family members or make them a card and tell them how much you appreciate them.

## Other Activities to Support Wellbeing Over the Holiday

- Using a straw measure how far you can blow a Malteser
- How long can you keep a balloon off the ground? Have you used every part of you body?
- Have a silent disco with your family
- Host a 'come dine with me' evening -each taking a different course.
- Play a new board game together
- Have a lip sync battle
- Make something useful out of recyclable materials
- Build your own obstacle course
- Do some cooking/baking