

Helping your child at home.

Try to make sure that you and your family are healthy – physically and mentally.



Five Ways to well-being:

- BE ACTIVE - Try to ensure you do some physical exercise every day, whilst current government advice allows.
- TAKE NOTICE - Try to be aware of the world around you by noticing the things that you see around you.
- CONNECT - Connect with the people within your immediate family and use technology to connect with those outside of your family – phone calls, face-time, etc.
- GIVE - Help out others in whatever way you can.
- KEEP LEARNING – Learn from each other or research a topic of interest. Visit the school website: www.hortonmill.uk and go to the tab 'Children' then the tab 'classes'. Or visit our Twitter page: @HortonMill

Don't try to give your child the same day that they would normally have in school.

But do try to give a routine to their day, eg.

This is only a suggestion and do not be worried if that routine doesn't always go to plan. Teachers have to change their plans so many times within a day to hold the children's interest.

Adult chosen activity, eg. Reading/writing	Child chosen activity, eg. Technology / screen time	Break	Adult chosen activity, eg. Number work	Lunch and Play	Child chosen activity, eg. Creative	Adult chosen activity, eg. Research a topic	Break	Child chosen activity, eg. Physical activity
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If you have a particular interest/ skill - teach it to your children. They love to learn alongside you. Physical exercise is very important. Many websites offer daily exercise routines – see the school website.



Remember to stay safe whilst doing so.

More than anything, at a time that is very confusing for all of us, celebrate the good things. If your child has achieved something new, praise them and share it with others in the family. If you have had some good news, share it with your friends. If you have seen something that you have never noticed before – let people know!

Take care and stay safe.