

IDEAS FOR A DAILY ROUTINE

Wake Up	Make your own bed, get washed, get dressed, put your dirty clothes in the wash!
Morning Walk	Family walk, 5 minute move with Joe Wicks, Go Noodle, cosmic yoga (all available on YouTube)
Academic Time	<u>No electronics!</u> Read a book, write a story/diary, flash cards, Use your school pack!
Creative Time	Lego, drawing, playdoh, painting, craft, play music, cook or bake
Chore Time	Wipe all kitchen tables, chairs, door handles, light switches Hoover rooms
Quiet Time	Reading, puzzles, board games Enjoy a nap!
Academic Time	<u>Electronics ok!</u> iPad games, laptop or computer Useful games and activities are detailed on school website
Fresh Air Time	Walk, bikes, play outside, visit the park (if guided to by latest Government advice) National Trust gardens are now free
Free Time	Enjoy TV, Skype or Facetime friends and family.

Children welcome structure and it is important that the routines that school provides continues in some form at home. We are providing you with a recommended daily timetable of suggested sessions to help you and your child collaboratively plan your day. You can use this to discuss at the start of the day the whole day's plan which will allow children to know what is coming 'Now and Next'.

Children may experience negative behaviours due to a lack of understanding, control or heightened anxiety about the current situation. At school we ensure that daily life is consistent, reliable and predictable with clear boundaries of what is expected. It is important that you are able to continue this as much as possible.

We recommend not using sanctions that restrict your opportunities to do other things during the day (for example banning the Xbox, not going to the park etc). If your child demonstrates distressed or aggressive behaviours, follow the following three step response – **label** the emotion (I can see you are feeling angry). Wait for your child to calm down before **empathising** that you feel that emotion from time to time (I feel angry when ____). Finally, **reaffirm** that the behaviour was not acceptable and agree a strategy for next time your child feels like that (Even when you're angry we cannot hit. Instead we should...).

Your children will look to you for guidance and reassurance, so even if you are feeling worried, make sure you are as calm, positive and composed as you can be.