



We have too stay
at home for the
time being

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Schools have had to close now to try and help keep everyone safe.

Being at home can be hard for lots of us. We can get bored not being able to go to school or the park to play and see our friends. We can miss doing our normal activities.

Some of our parents are also at home trying to work. Which means we have to do things and occupy ourselves.

It's even harder to do the work our schools have set for us to do at home, but it's important that you do.



Everyone
needs to
make a plan
to do a
mixture of
school work,
have fun,
exercise and
get fresh air.

We can make a plan similar to our visual timetables in class.

We can put on lots of different activities to help keep our minds and bodies healthy.

First, we should put on some of our school work, we can break it up through the day.

Then, you can also put on watching some television but not too much everyday.

Going out into the garden to do physical activities and get fresh air is really important. It's even better if you have friends who live next door. So long as you each stay 3-4 steps away from the fence you can chat and give yourselves challenges within your own gardens.

You can also go on your devices, do some learning before you play a game!

When mum or dad have some spare time they can play with you for a while too.



This is a difficult time for everyone. Our mums and dads will be super happy if we can be the super independent child we are at school. By having a plan helps us when we get a little bored.

A plan could look like this:-

- Get up, brush our teeth, get washed and dressed
- Have breakfast
- Do some school work
- Play in garden & have a snack
- School work
- Have lunch and play in garden
- Craft or mindfulness activities
- Snack and play in garden
- Read a book or listen to a story
- Device time, maths challenge, listen to some music then game (30 mins max)
- Tea or dinner time
- Time with mum or dad
- Bath time
- Relaxation time
- Bed time



If you can follow something like that it will help you not be bored.

Mum and dad will be super happy and proud.

You will be doing your bit to help fight this virus.

By staying at home and washing our hands frequently we are helping to stop the spread of the virus.

Keeping our friends and family well.

By following this plan we will back with our friends and family soon.

