



## Home Learning – Suggested Guidance

Over the coming weeks it is important that children continue with their studies whilst they are healthy. Here is some guidance that may help...

- Maintain a routine every day. This is particularly important when children are at home all day.
- Create a timetable every day, chunking the activities – aim for activities to last around 45 minutes, but no longer than an hour. Ensure there is a variety in the activities, otherwise it will become boring.
- Pupils will get emails from their teachers fairly regularly. However, if they run out of work use the general resources contained on the school website: <https://www.hawardenhigh.org.uk/novel-coronavirus-covid-19-updates/>
- Be flexible with the work. If they're finding it challenging move on to another activity.
- Timetable English, Maths and Science, or subjects that your child finds more difficult, in the morning if possible; children concentrate in the morning better.
- Incorporate physical activity into each day. This activity can for longer than an hour or a series of sessions throughout the day. This activity is essential for their physical and mental health when they are at home all day. If you go outside be mindful of the social distancing guidance. <https://www.thebodycoach.com/> is a good online resource.
- Try a variety of activities as well as the work they are receiving from their teachers. Play games, do puzzles etc.
- Try to inspire children's creativity and imagination – encourage them to draw, cook or bake. Again, the body coach website is useful for this. Alternatively, the 'Supercook' app allows you to put a list of the ingredients you have at home and it will suggest recipes.
- Encourage your child to read every day (Kindle has a lot of free books and other suggestions below). Don't worry about the topic too much (as long as it is age appropriate), just try to engage them in reading every day. It always helps if parents model this – have some quiet reading time yourself.
  - [www.gutenberg.org/browse/scores/top](http://www.gutenberg.org/browse/scores/top)
  - <https://www.techsupportalert.com/best-free-childrens-ebooks-online.htm>
- Build regular breaks in to each day. Encourage your child to get up and move. Ensure your child eats at consistent times – they like structure.
- Schools, as well as being places of learning are very sociable. Your child will quickly miss their friends so regular contact will be crucial. Build social time into their timetable; but at agreed times of the day! This could be an incentive to help them study – use Skype, Facetime or Zoom so that your child can study with their friend too.