

Some ideas to help while school is closed

We recognise that one of the hardest things for families will be dealing with the loss of structure in the day, the loss of social contact, and the possible boredom that could ensue. Children may feel the school closure is like a holiday, but it will feel very different because of the restrictions that are being put in place to protect everyone, and for the length of time that this could continue for.

Our children are also aware of a lot of what is happening - they are anxious, and picking up on the tension and fear around them. They have never experienced anything like this before.

This could lead to changes in behaviour. Whether its anxiety, or anger or a refusal to cooperate, remember this is not unexpected in these very difficult circumstances. We want all the children to feel comforted, reassured and loved. Take time to just 'be together', a hug, and reassurance.

In order to help we suggest that you give your Monday to Friday a structure just as children would have if they were at school, and keep the weekends as separate.

This is a suggested timetable to help structure a day – different blocks can be moved around, but generally children like the structure of a routine that they can predict. However, don't force this if it leads to increased friction – the more fun you make activities, the more likely that they will choose to join in with you. Don't get cross if they don't want to do something, give them a cuddle and reassure them.

9.00	Physical activities
9.30am	Project
10.30am	Break for healthy snack/drink
11am	Number and reading activities
12.00	Lunch time
12.30pm	Games
1.00pm	Physical activities
1.30pm	Creative time
2.30pm	Jobs around the house
3.00pm	Free choice

We would advise that after an evening meal, pupils have some quiet time without interactive screens.

The following pages will give you many ideas of activities that you can do in the different slots – we have tried to suggest lots of fun and engaging activities. Don't worry about if they are making progress in their learning. When we get back to normal, everyone will be in the same boat and school will support everyone to pick up and carry on. We will endeavour to put further suggestions for activities on the school website if the closure becomes prolonged, though at this point the future role of school staff during the crisis is unclear.

• Teacher contact details

If you have any questions that you would like to speak to staff about, school have set up an email address for each staff member, which is for use only while the school is closed. Staff will aim to check and reply each weekday during school hours. There is also an email for the head teacher which will be monitored daily.

Mrs Evans: EvansA499@hwbcymru.net

Mrs Smout: SmoutS@hwbcymru.net

Mrs Warmington: WarmingtonJ1@hwbcymru.net

Mrs Foulkes: ThomasC690@hwbcymru.net

Mrs Owen: OwenR46@hwbcymru.net

Please note – we are unclear as to the exact role of school staff during the crisis – we hope they will be available as planned

Useful websites:

- **Oxford Owls**

A lot of the reading books we use in school are free to read on this website:



www.oxfordowl.co.uk

Username: mwmf

Password: cats

Click on 'My Bookshelf' and look for the books your child is on in school.

Other websites are mentioned on the following pages...

- **Discovery Espresso**

We use this in school every day and so it will be really familiar to your children. It has many interactive resources for all subject areas and a free log-in for use at home:



www.discoveryeducation.co.uk

Username: student26442

Password: ladywell

click on 'KS1' and then the subject you are looking for (infant activities)

- **Hwb Wales**

This has hundreds of activities for children – we use this in school a lot too.

The children's own folders can be accessed with their school log-in (teachers can also log in to check up on what they are working on online...!)



www.hwb.gov.wales

plus their own individual log-ins

Older children know how to log in and will be able to find their JIT folders. Don't worry if your child is in Reception and they are not familiar with it yet.

Please do not let them delete any of their school work!

Creative Activities

- Decorate an egg challenge, as sent home last week!
- Dressing up and role play – a shop, a library, a classroom?!
- Story telling and acting out stories – could make simple masks and props
- Using socks and other household items as puppets
- Making music out of household items (saucepans, wooden spoons etc)
- Baking (lots of natural maths in baking!)
- Painting
- Printing e.g. with cotton buds, forks etc.
- Mixing paint to make different colours
- Colouring
- Playdough – simple recipes are available online
- Junk modelling
- Construction toys (e.g. lego)
- Sing songs together
- Listen to music
- Listen sounds that are heard around the house and in the garden
- Make dens using sheets, throws etc
- Chalking pictures
- www.boromi.co.uk
- www.bbc.co.uk/schoolradio (nursery rhymes and songs)

Physical Activities

It will be important to continue to exercise for mental wellbeing as well as physical health. Please follow any guidance from Public Health Wales regarding accessing the outdoors.

- Throwing and catching – large items (e.g. cushion) to smaller items (e.g. tennis ball)
- Aiming games – throwing different items into circles on the ground, or into saucepans and pots from the kitchen
- Exercise on the spot made fun (how much hopping, how many star jumps can you do in one minute)
- Relaxation (breathing)
- Finger gym:
 - Colouring in
 - Dot to dots
 - Building using lego
 - Cutting out shapes
 - Playdough
 - Finger painting
 - Clothes pegs games
 - Bubble wrap popping
 - Pipe cleaner games (e.g pushing through holes in a colander)
 - Threading (e.g hole punch card and thread string through)
- Dancing to music (simple Zumba routines?)
- Cosmic Yoga (youtube)
- Mindfulness for Children (youtube)
- Hide and seek
- Balloon catching games
- Action songs such as 'I am the music man', 'Hokey Cokey'
- www.bbc.co.uk/supermovers

Project

We are asking each child to complete a project. The topic of the project is their choice – something they are interested in. We have given each child a book which they can use to record their project, though this should not limit what they do. We would like the children to share these projects with their class when school resumes.

The focus of this activity is the journey your child goes on to get to the final piece, not the final piece of work itself.

They could:

- Research online (sticking to internet safety)
- Watch factual programmes on telly (age appropriate)
- Writing facts
- Make up stories about the topic – these could be as a cartoon, drawing, be told using pictures as reminders as well being as written down. Consider writing the story for your child if they have an idea but are not able to write it. They could then illustrate it.
- Designing a leaflet
- Draw a poster
- Drawing labelled diagrams
- Take or find photographs
- Keep a diary
- Make a model. To be shared with the class on return.
- Draw pictures and label
- Use construction materials to create a scene (eg. Town, village, zoo, park etc)
- Draw pictures on computer
- Number the pages and write a contents page

Reading and Number

Reading

- Listening to stories read by an adult, audio books, radio
- Reading together – discussing the pictures, retelling the story, predicting what might happen next
- Reading alone – books, comics, picture books.
- Look at non-fiction books together such as children's encyclopaedia, atlases
- Draw their favourite characters from books
- Flashcards

Number

- Games involving counting or counting on (snakes and ladders)
 - Card games such as pontoon (adding up to 21)
 - Card game Uno
 - Practical maths such as weighing ingredients, pairing up socks
 - Timing games e.g. how many star jumps in 1 minute
 - Making pictures out of shapes
 - Collecting amounts of objects e.g. collecting 14 stones, collecting 20 pegs
 - Writing/painting/chalking numbers
 - Dice games
 - Dominoes
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- Twinkl is a website that many teachers use to support the learning of pupils. Twinkl are offering all parents a month free membership. This is an excellent resource and has activities for all areas of the curriculum.

www.twinkl.co.uk/offer

enter code: **UKTWINKLHELPS**

Games

- Board/box games
- Jigsaws
- Card games – e.g. snap, pontoon, Uno
- Word and language games – I Spy, First one to see, learning tongue twisters
- Track games such as snakes and ladders
- Kim's game – have a selection of objects such as a small car, a yoyo, a pack of playing cards etc (the more objects the harder the activity). Child looks at all objects on display, they close their eyes then adult takes one away. Child has to guess what is missing.
- Charades – act out a book, TV programme etc
- Noughts and crosses
- Dominoes
- Play shops – label things to buy and children use real money to pay
- ICT games
 - Cbeebies games
 - <https://www.phonicsbloom.com/>
 - <https://www.bbc.co.uk/bitesize/collections/primary-games/1>
 - Topmarks maths games
 - <https://www.oxfordowl.co.uk/welcome-back/for-home/reading-owl/maths>
- Memory games - pick a pair
- Pictionary – Draw a picture and players guess what the picture is
- Hide and Seek
- Musical Statues/bumps
- Jenga

Jobs

At school the children have jobs to do as part of their day, and to teach them to be independent and responsible. Try and make them fun – maybe do them together, take turns etc.

Here are some suggestions of jobs they may do or help to do as part of daily routines:

- Tidying up toys
- Helping wipe surfaces
- Sort washing out in to different colours, help peg out
- Lay the table
- Make a bed
- Pair socks
- Empty dishwasher
- Wash up/ dry up
- Tidy bedrooms
- Dusting
- Write shopping lists
- Put shopping away
- Chopping veg/fruit (supervised)
- Sort cupboards
- Recycling
- Sweeping
- Helping to wash the car