



# Looking after yourself for children



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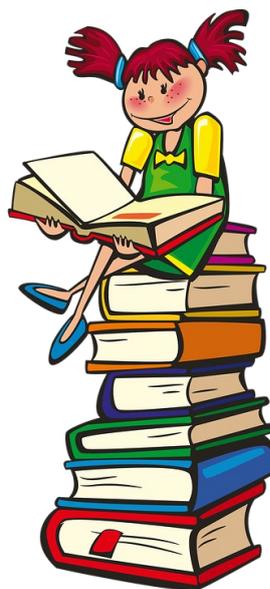
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## A guidance pack for primary pupils

We are all facing a lot of change in our lives at the moment and some of that change might have made you feel a little worried or anxious. If this is how you feel then the good news is this is completely normal.

The Coronavirus has introduced us all to a new situation that has never happened to so many people all at once and we are all working hard to think about the changes we have to make, and how we keep going with the important things in our lives, like our school work, feeling safe and staying close to our family and friends.

This leaflet gives you some ideas on how to help yourself with your school work when working at home and some things you could think about doing to look after the way you feel, and stay happy and positive.



### In this leaflet we are going to think about:

- Learning at home - including tips for how we might learn best
- Staying positive whilst learning from home
- Being kind to ourselves

### Challenge: The importance of strengths/interests

Our strengths and interests can motivate us, as well as, telling us how we learn best.

Have a think about your own strengths and interests by writing them down and/or drawing them on a piece of paper. You may wish to ask the people you live with to help you by telling you what they think you are good at or notice you enjoy doing - add their suggestions to your list/drawing.

Think about how these strengths/interests might help you learn better, e.g. watching videos, using pictures etc.

## Learning at home

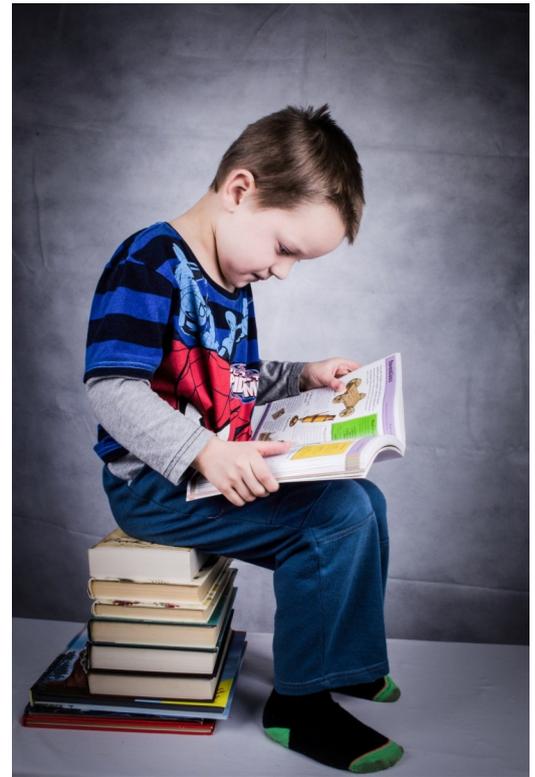
Being at home instead of school might make it harder to focus and it can feel a little strange concentrating on school work in a different way to homework! Lots of people need to work from home at the moment so we are all sharing ideas on how we can make this easy for ourselves. Below are some tips you might want to try and share with others... good luck!

1. Follow a routine, including a time to start, break and finish your learning day. It might be helpful to think and/or draw out the timetable you usually follow at school. Then, think about which parts you can copy at home - you could even do a special timetable for learning at home. Remember to include breaks throughout the day - including important times like lunch!
2. Try to find a nice quiet place to work and use this space

each day. A space that does not have distractions, such as the TV, gaming devices, other family members talking. If possible, find a space where you can leave your things, and which is separate from the space in which you relax.

3. As when you are at school, remember to eat breakfast, have a drink, and eat regular healthy snacks, this can help control blood sugar and help you to keep focus.
4. Think about learning bursts! Breaking tasks down into manageable chunks can help you focus on the goal. Focus for 15-30 minutes then take a quick brain break for 5 minutes or so e.g. fetch a drink of water, plan the next step in your task, do a quick activity that you enjoy.
5. Get organised. Make sure you have the right tools to do the job e.g. pen, ruler, protractor etc. If you have adult support then use this to make sure you've understood what to do and to help you get started on a task. - not to do it for you! Try to plan your answers to a task to keep you on track.
6. Set goals (even little ones!) for the day. Each day think about what you would like to achieve - either make a note of it or tell an adult.
7. Talk to your parent/carers about a reward system where you achieve a reward when school work is completed. Agree on tasks and goals for the day. Rewards can be special time with a parent/carer

Put your list/drawing somewhere you can see it clearly (such as on the fridge). Add to it as you notice new things!



## Staying Positive

Try to think about the '5 Ways to Wellbeing' and plan what you're going to do look after yourself. This might include talking to friends (Connect), doing some exercise (Be Active), trying some Mindfulness (Take Notice), learning something new (Keep Learning) or doing something nice for someone else (Give). Here are some ideas to get your started:

### Connect

- Play board games
- Read together
- Call or Facetime a friend

### Be active

- Take part in Joe Wick's PE lessons.
- Go out on a daily walk with your family - when you are out complete scavenger hunts or play games such as I Spy etc.

### Take notice

- Draw how you feel today - when you have finished talk about your picture with an adult
- Map of my heart - draw a heart shape and write in it all the people/things you love or that are important to you

### Keep learning

- Each day, look online and learn something new about an area of interest and/or a new language maybe!

### Give

- Paint/ draw/ colour a picture for someone in your house or send to someone who is important to you.
- Random Acts of Kindness Challenge. This can be downloaded from [www.elsa-support.co.uk](http://www.elsa-support.co.uk)



### Challenge: Be kind to yourself

Remember, it is ok to feel sad, anxious, worried or even angry about the current situation - this is completely normal and healthy as these are feelings that keep us safe. When you have these thoughts/feelings it's really important to talk to others about them (family members or teachers). We should also try to balance these feelings with positive thoughts/activities that make us feel good!

### Develop a Gratitude Journal

The word gratitude is another way of saying the things we are grateful for so a gratitude journal is simply a diary of things we are grateful for— even little ones! Being grateful for things helps us to feel happy and positive and makes us better at managing times when things haven't gone the way we wanted them to.

Why don't you try drawing/writing down the things you are grateful for. Keep adding one thing to them each day. You could even create a gratitude jar and get your family to add something new each day too!