

How to minimise stress when home schooling:

- ✓ Create a timetable to try and replicate the routine of a school day (designate specific time for 'school' and specific time for 'home')
- ✓ Give time for free play, creative activities (art, music, dance), and getting fresh air
- ✓ Try and have a designated space for formal 'school work' (e.g. a specific corner in the kitchen) this may help your child differentiate between 'school' time and 'home' time
- ✓ Allow time for physical exercise (just think, your child would usually be having around an hour and a half of 'break/play time' at school!)
- ✓ Use practical activities for learning – cooking, gardening, looking after plants, cleaning, playing shop (these can all provide plenty of opportunities for literacy and numeracy!)
- ✓ Try and limit their (and your) time on social media/games. It is important that they get this time to socialise but try and put some boundaries around it.
- ✓ **Don't put too much pressure on formal learning** – during stressful times like these, it is important to protect yours and your children's emotional wellbeing, so give plenty of opportunities for relaxing and having fun!

