

 <u>C</u> onnect 	 <u>L</u> earn 	 <u>A</u> ctive 	 <u>N</u> otice 	 <u>G</u> ive 
<ul style="list-style-type: none"> *Phone a friend or family member for a chat * Facetime/video call *Connect with family members in the house *Connect with your pets *Where possible, connect with your neighbours * Connect via live videos - e.g. Joe Wicks live children's workouts, live author stories, live drawing classes (for a list of live streams) https://www.culturewhisper.com/r/immersive/live_streams_for_kids/15296 *Play games with your brothers and sisters *Write a letter/postcard to a friend/neighbour/family member who lives far away 	<ul style="list-style-type: none"> *Home learning - packs sent from school *Take the time to learn something new - how to sew, how to bake/cook *Be creative - start a project - building project/art project/science project *Learn a foreign language (bitesize videos) /sign language (lots of videos online) *Learn something about your family members *Learn how to draw - follow YouTube videos (e.g. #DrawwithRob - children's author live streaming Tues/Thurs 10am) *Keep reading! Listen to stories read by authors too - #operationstorytime 	<ul style="list-style-type: none"> *Get 60 minutes of fresh air each day *Play in the garden * Go on a walk in the fresh air (keeping a safe distance from others) *Go for a bike ride *Do some gardening *Joe Wicks online PE lessons (YouTube 9am M-F) *Online yoga *Take the dog for a walk *Put music on and dance *Create your own obstacle course in the house *Create your own workout routine /circuits to do as a family *Follow Miss Burke's stay active plan 	<ul style="list-style-type: none"> *Notice how you are feeling - it's OK to feel worried, lost or angry. *Notice how others are feeling - what could you do to cheer them up? *Notice nature - when you go outside, what can you see, smell, hear? *Notice what you are eating - Has it changed? Is it affecting your mood? Are you eating healthily? *Notice if you are tired - are you getting enough sleep? *Notice the positives - list them each day *Do some planting and notice the changes as they grow *Notice your breathing - Take 5 or do other breathing techniques 	<ul style="list-style-type: none"> *Can you help an elderly or vulnerable neighbour? *What could you do to help your parents? *Give a smile (or a wave) - it is a strange time for everyone, a smile is a powerful thing. *Give your time - it's important that you stay connected to others *Write a letter/draw a picture and send it to a nursing home - the elderly will be feeling lonely and your letter will make them smile *Give laughter - tell a joke/be silly/have fun - laughter is the best medicine!