

Information for children and young people when you are not at school

Educational Psychology Service

This is a strange time for everyone. We need to make sure we are avoiding physical contact and washing our hands to keep ourselves and others safe from a virus called COVID-19. This means school buildings have closed. This information sheet gives some tips to think about how we use our time.

Keep your routines going!

Think about agreeing times with the adult in your home for going to bed and getting up.

Have a plan for each day so you know what you are doing. Your plan might not always work out. Don't worry if this happens! Things can happen that lead to changes and doing something different.

Be active!

Make sure you plan for physical activities inside and outside
(but only if you're able to be outside!)



Screen Time!

Agree the amount of time you spend on devices with the adult(s) in your house and stick to this. Use your device for different things e.g. games, reading, programmes, learning activities...



Games and activities!

Think about making a list of games you can choose from each day e.g. board games, art and craft activities, outdoor games, listening to music, reading...

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Household jobs!

Do your bit to help out round the house e.g. making your bed and keeping your belongings tidy, making shopping lists, recycling, helping with the laundry, cooking, looking after pets...



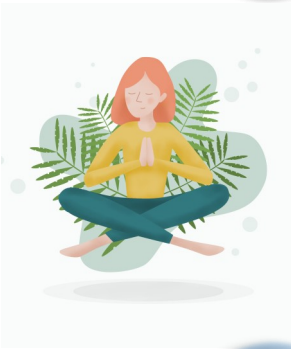
Keep in touch!

Find ways to stay in touch with friends and family e.g. phone, Skype, WhatsApp...You could even go back to basics and write someone a letter!



Space!

Make sure you have some quiet time and a bit of space where you can relax and be quiet...

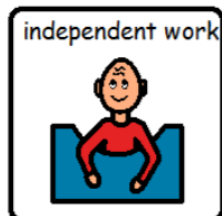


School Communication!

Schools will be sending out information to help you and ways of keeping in touch with school staff. Use the information to support your learning and make contact with the schools when you need to.

School Work!

You will not be able to work in the same way you would in school for lots of different reasons. Accept this and use information from parents and teachers to help you find a way that works for you.



Work Space!

When you are doing school work, think about where in your house is the best spot. Try to keep this a 'work only' spot. When you are finished, tidy it up. This will help you keep it separate from your 'home time' activities.

"Promise me you'll always remember that you're braver than you believe, stronger than you seem, and smarter than you think."

- Christopher Robin to Winnie-the-Pooh

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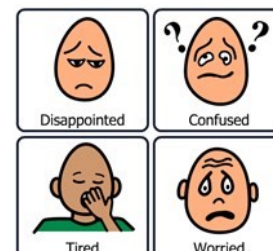
News!

There is lots of news going on all the time. Try to check the news no more than twice a day. You might want to find a time you listen to news as a family or catch up on the main points by having a chat with the adult(s) in your home.



Worries!

If you are worried about anything you should speak to someone e.g. a parent, friend or trusted adult. There are no silly questions and talking with someone about the concern can help.



Feelings!

When there is lots of change and concern at the moment, expect a range of feelings and emotions e.g. happy, sad, excited, concerned, surprised. These are all ok and to be expected. These feelings can also change like clouds in the sky—light/dark, big/little.

Managing Feelings!

Saying how you feel and giving the feeling a name can help you manage emotions—'name it to tame it'. You can write, draw or sing about your emotions!

Review!

When the day is finished have a look at what you have done and use this information to help you plan for the next day.

Play and Fun!

It is so important to have play and fun in our lives. Take some time to play a game or have a laugh and a joke. It helps everyone.



1 Rinse hands with water



2 Apply plenty of soap



3 Rub your hands together



4 Rinse your hands

