

to cough and sneeze. Do fun activities.

www.AffirmingYOUth.org



## FOR PARENTS: HOW TO TALK TO YOUR CHILDREN ABOUT COVID-19

Children and teens react, in part, on what they see from the adults around them. When parents and caregivers deal with COVID-19 calmly and confidently, they can provide the best support for their children. Parents can be more reassuring to others around them, especially children, if they are better prepared. Not all children and teens respond to stress in the same way. Some common changes to

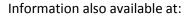
watch for include:

- Excessive crying or irritation in younger children
- Returning to behaviours they have outgrown
- Excessive worry or sadness
- Unhealthy eating or sleeping habits
- Irritability acting out behaviours in teens
- Difficulty with attention and concentration
- Unexplained headaches or body pain

## Things to support your child:

- Take time to talk with your child or teen about the COVID-19 outbreak. Ask open questions and listen.
- **Be honest.** Answer questions and share facts about COVID-19 in a way that your child/teen can understand.
- Show them how to protect themselves and their friends. Let them know it is ok for them to feel upset.
- Limit your family's exposure to news coverage, including social media. Children will misinterpret what they hear and can be frightened about something they do not understand.
- Try to keep up with regular routines. If schools are closed, create a schedule for learning activities, relaxing or fun activities.
- Be a role model. Take breaks, get plenty of sleep, exercise and eat well. Connect with friends and family members.

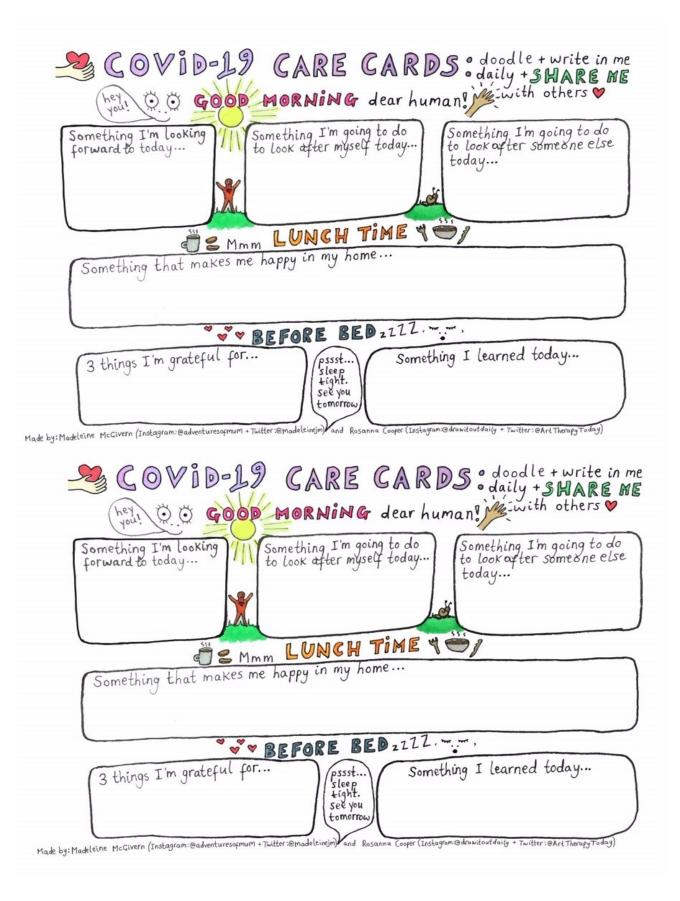


















## Our Family Homeschool Schedule

9am	Morning walk/run round	3pm	Tidy up and snack time
9:30am	Lesson 1: English, Maths or Science	3:30pm	iPad time for Kids, have a cup of tea
10:30am	Morning break (outside) and snack	5pm	Dinner and solo walk if partner home
11am	Lesson 2: English, Maths or Science + 1/2 hour number game on iPad	7pm	Kids bath time and stories
12:15pm	Lunch time and outside play	8pm	Kids bed time
1:30pm	Lesson 3: Art, PE or Creative play	8:01pm	Sit down, tea, chocolate and Netflix
2:15pm	Lesson 4: Art, PE or Creative play	10pm	Go to bed



## **30 DAY** PHOTOGRAPHY CHALLENGE



DAY 1	SELF PORTRAIT
DAY 2	WHAT YOU WORE
DAY 3	CLOUDS
	SOMETHING GREEN
DAY 5	AFTER DARK
DAY 6	OBSESSION
DAY 7	CHANGES TO COME
DAY 8	ROUTINE
	SOMEONE YOU LOVE
DAY 10	CHILDHOOD MEMORY
DAY 11	SOMETHING BLUE
DAY 12	SUNSET
DAY 13	CANNOT LIVE WITHOUT
DAY 14	EYES
DAY 15	SILHOUETTE
DAY 16	A GOOD HABIT
DAY 17	TECHNOLOGY
DAY 18	YOUR SHOES
	SOMETHING YOU WANT
DAY 20	IN MY BAG
DAY 21	FACELESS SELF PORTRAIT
DAY 22	INSPIRATIONAL
DAY 23	PATTERNS
DAY 24	ANIMAL
DAY 25	STRANGERS
DAY 26	CLOSE-UP
DAY 27	CELEBRATION
DAY 28	FLOWERS
DAY 29	BLACK & WHITE
DAY 30	SELF PORTRAIT
1.45	









We have found the following and hope that you might find them useful.

A free, electronic book from this link:-

https://beyondthemoon.fun/product/the-sock-monster-ebook/

David Walliams is releasing an audio book at 11 am each day. Follow this link and then click elevenses:-

https://www.worldofdavidwalliams.com/

Daily morning workout with Joe Wicks here: -

https://www.thebodycoach.com/blog/pe-with-joe-1254.html

Virtual museum tours here

https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/

Camel Creek are offering classes three times a week, follow this link for more information. https://www.camelcreek.co.uk/camel-creek-classes-every-mon-wed-fri-at-11am/

Maths support from Carol Vorderman here

https://www.themathsfactor.com/

There's a virtual zoo experience here

http://cincinnatizoo.org/home-safari-resources/

Welcome to: The Great Indoors

https://www.scouts.org.uk/

Cooking activities for Children

https://www.bbcgoodfood.com/