

General Resources for Home Learning

There are a huge wealth of resources available online to engage your child, please encourage them to use them and get stuck into something that interests them.

Reading

Reading is unarguably one of the most important things your child should be doing! This is true generally, but perhaps even more so at the moment when you consider the impact that reading can have on wellbeing as well as the potential opportunities it presents for families and friends to talk together.

Consider setting time aside to read an article/ chapter/ short story together, or to read separately and then discuss together – it is through these interactions that you can support not only their development of reading and comprehension skills, but also the development of their love of reading. If your child has grandparents, or other elderly/vulnerable relatives who are isolated at home, maybe they could even read to them over the phone? Or how about working with friends online - read the same extract and then discuss via FaceTime?

- Reading develops confidence and improves self-esteem
- Reading can help young people to understand complex issues from the safe fictional world of a book
- Reading is proven to increase empathy!
- Reading is enjoyable, fun and relaxing (for fluent readers if they have the right book)

Family Activities & Wellbeing

Finding time to support each other and do things together will be invaluable for all the family. The importance of positive, face-to-face interactions cannot be underestimated.

Things that you might consider doing as a family...

- Read together and discuss what you are reading (see reading section)
- Talk with your child about their academic work
- Exercise together! (see exercise section)
- Play a board game together (chat as you do it - it isn't about the board game...)
- Play a computer game together (don't worry if you aren't any good at computer games - just do it together and be ready to laugh at yourself!)
- Cook together! [Jamie Oliver](https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/) has some great tips and recipes you could try. Jamie Oliver Keep Cooking and Carry on: <https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/>
- Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video): <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwARlctkAB-4F8FG8hsBgDV3b0h5wNcXFbFu7buxoriZgXY8DajLOPVz9GwLg>

Fresh Air, Sunlight and Exercise

Exercise should be a key part of your daily routine, as should getting fresh air and sunlight. These things are important for physical and mental health, and again offer scope for doing activities as a family. If your child is well in themselves and able to, then they should be encouraged to be active for at least an hour each day.

Here are a few things they might be able to do:

- Go for a run (adult and child)
- [Joe Wicks – The Body Coach](#)
- [Joe Wicks - PE Lesson, every day 9am](#)
- Learn Pilates
- [Davina McCall – Love Yourself](#)
- [Davina McCall - Own Your Goals](#)

Please bear in mind that exercise can also mean things other than ‘working out’ and can also go beyond the daily schedule as we’ve published it...

- help with the housework etc - scrub a floor, wash the walls, push the Hoover!
- Help with the gardening
- Walk the dog*
- Walk to the shops for an elderly neighbour*
- Dance!

*follow current government advice regarding leaving the house.