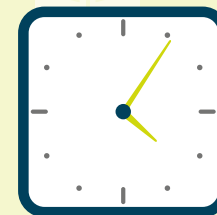


WORKING FROM HOME WITH CHILDREN



GENERAL

- Put together a structure to your day – and don't worry if you don't stick to it religiously, but it is handy to have a rough guide. Timetables don't work for everybody, if you are not a family that works well to hard structures, then writing a list at the start of each day of things that you would like to achieve might work better.
- Make sure that you build in time for yourself and take account of your own mental health as well as your children's.
- A daily stint of exercise each day for everybody in the household is very important.
- Try to differentiate week days from weekends and don't set school work for your children at the weekends if you can help it.
- Don't put too much pressure on yourself or your children in terms of work or home learning, it is not possible to get in a full day of work, or a full day of home learning, let alone both.
- If there are two adults at home take it in turns to have a good amount of time to work in peace.
- If you are working at home, please set your space up as well as possible to ensure good and healthy work time. Please see the Cory Employee Wellbeing Guide to Home Working.
- Please communicate with your team regularly to let them know when you are, or are not, available due to childcare.
- If you are on a conference call or a video call and a child comes into the room or interrupts you, don't worry about it. Please don't make negative comments if that happens to somebody you are speaking to.



- If you need a private space to make a call in and you can not find that at home, maybe use your car, as long as that does not mean leaving your children unattended and they are safe and well looked after while you are on the call.
- Make the most of good, relaxing time together as a family.
- Be flexible.

At the moment the Disney Channel is £6 per month and it has lots of films on it for all ages in the family, don't beat yourself up if your children spend more time than normal watching television. BBC iplayer is full of fun and educational shows.

Fiona Cummins has set up two whatsapp groups – one of them is a Cory general chit chat group, and the other is aimed at parents working at home to share ideas. Please contact her with your telephone number if you would like to be added to either of those groups.

Note – It is understood that the times where adults may have the opportunity to work are very dependent on the age and dependency of your children, availability of technology and how well prepared their school is for online working.

A FEW ACTIVITY IDEAS

- Make a list of things to do, games to play or toys to play with that are in your home so that the children can look at and choose something to do without moaning when they think they are bored. Try putting it somewhere visible so that they can think for themselves rather than needing direction all of the time.
- Tidy rooms in the house, including children's bedrooms, to make space for floor toys such as train tracks, toy animals or construction toys, for example lego, k'nex or gravitrax.
- Think of nice things to do. In lots of areas, children are drawing rainbows and putting fun and colourful messages and pictures in windows for people to spot when they are out for their daily walk or run.
- Consider environmental projects. You could make eco-bricks and task the children to design structures made out of eco-bricks. There are lots of schools and organisations who collect eco-bricks who you could donate them to when things go back to normal, and it is a way of preventing soft plastics from going to landfill and putting them to good use.
- Now is a good time to sort through toys and books – it is a good time to sell unwanted things on ebay or give them to charit. There are lots of households without very many things to occupy their children at the moment, there might be a central person in your community collecting such things, it is a good idea to check local community facebook sites.
- Collect things from nature on your daily walk – leaves, sticks, petals etc, and use them to make a collage with when you get home, or use magazines and mailshots that come through the door for a collage.
- Task the children with writing their own books.
- Task the children with making their own board game, or their own set of top trumps.
- Learn an new skill by following instructions on YouTube such as origami, knitting, a musical instrument or a style of dancing.
- Ask your children to write letters or postcards to relatives who are isolated, people they are missing or to friends who live alone and are working at home.
- Set your children a scavenger hunt around the house, for example - find the following: a toy with wheels, a book with the first letter of your name in the title, a pair of matching socks, four things that are green, something very soft, a toy smaller than your hand, something round, a book with numbers in it, a photograph of someone you love, an item you can see yourself in, a toy that has five different colours, your snuggliest stuffed animal.
- Animate your own short films, there are lots of apps or computer programmes that are for doing this.
- There are a number of live events streaming each days. These will be constantly changing and new events will appear all of the time, it would be helpful to let others on the 'working at home with kids' whatsapp group know of anything you come across that might be of interest.

You can set up a group of children or adults to meet in a jitsi or zoom chat – you set up a group name and a password and let those you would like to chat to know about it and they can join and chat on screen. You can even set this up for an entire class of children and organise a time each day that those who want to join can do.

Look at ways to support local charities. Charities are suffering at the moment as sponsored events are not taking place and shops are closed. One Cory employee and her family have signed up to 30 mins of exercise every day for 30 days, for a fee of £30 per person, in aid of her local hospice.

AN EXAMPLE OF A STRUCTURE

TIME	ACTIVITY – CHILD	IDEAS	WORK TIME - ADULT
Before 9am	Wake up	Eat breakfast, get washed and dressed, make your bed, open curtains	
09.00 – 10.00	Exercise	Joe Wicks Live PE Session, morning walk with the dog, Yoga, morning run or bike ride	
10.00 – 11.00	Academic time	NO ELECTRONICS. Sudoku books, journal, write letters, write a letter, spellings, maths, study guide	Opportunity to work
11.00 – 12.00	Creative time	Lego, jigsaws, drawing, crafting, play music, cook or bake	Opportunity to work
12.00 – 12.45	Lunch		
12.45 – 13.00	Chore time	Empty dishwasher, wash up after lunch, wipe surfaces, Hoover	
13.00 – 14.00	Quiet time	Reading, Puzzles, Colouring, board game, playing with floor toys	Opportunity to work
14.30 – 16.00	Academic time	Electronics okay – ipad games, educational show, coding	Opportunity to work
16.00 – 17.00	Fresh air	Bikes, play outside if you have a garden. If no garden then play with floor toys, lego, crafting	Opportunity to work
17.00 – 18.00	Dinner		
18.00 – 20.00	Bath and TV time		
20.00	Bedtime		
20.30	Bedtime	Bedtime for kids who follow the schedule and don't fight!	

ON LINE RESOURCES AND IDEAS:

MATHS:

BBC Bitesize

<https://www.bbc.co.uk/bitesize/>

Great advice and a good jargon buster if you don't understand the terminology

Carol Vorderman Maths Website

<https://www.themathsfactor.com/>

This has been made free while schools are closed

Key Stage Fun

<https://keystagefun.co.uk/other-maths-apps/squeebles-number-bonds/>

Fun number bonds games

Mathletics

<https://www.mathletics.com/uk/for-home/>

Fun maths online

Times Tables Rock Stars

<https://trockstars.com/>

Fun way to learn times tables

WRITING AND STORIES:

Audible

https://stories.audible.com/start-listen?ref=adbl_ent_anon_ds_hm_hb

All children's stories on Audible are free to stream in six different languages

David Walliams

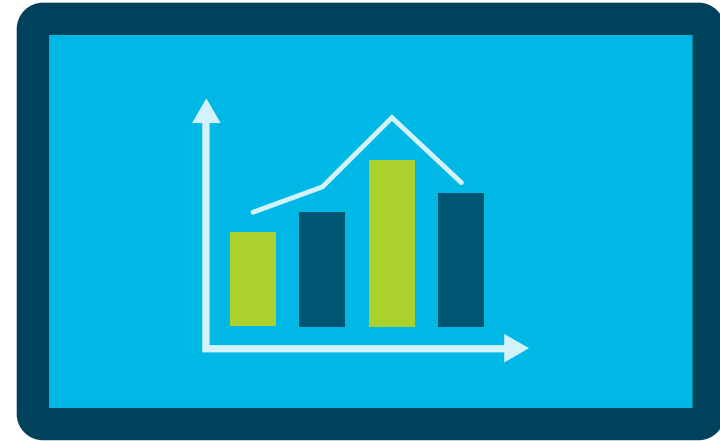
<https://www.worldofdavidwalliams.com/activities/>

David Walliams is making one audiobook available for free every day – there are also lots of interesting activities available on his website

Dr Seuss

<https://www.seussville.com/>

Games from Dr Seuss



Night Zoo Keeper

<https://www.nightzookeeper.com/>

A brilliant website and app to support the writing of very fun stories and creating your own creatures

The Literacy Shed

<https://www.literacyshed.com/home.html>

Great ideas and guidance on writing stories – for all ages

SCIENCE:

Fun learning for kids

<https://funlearningforkids.com/>

Fun experiments for children using every day household items and with printable, or easy to copy activity sheets

Happy Hooligans

<https://happyhooligans.ca/science-activities-for-kids/>

Science experiments, simple baking recipes and art ideas

Little Bins for Little Hands

<https://littlebinsforlittlehands.com/science-experiments-and-activities/>

Fun science experiments that can be done at home

PHYSICAL ACTIVITIES / SPORTS:

Body Coach

<https://youtu.be/6olorMNTw5g>

9am live – or any time after that on catch up. Joe Wicks is doing a free daily 30 minute PE HIIT session for children and families to start the day

Cosmic Kids Yoga

<https://www.cosmickids.com/>

A website and app with fun, themed yoga lessons – to suit all interests

Dance lessons

https://www.youtube.com/channel/UC58aowNEXHHnflR_5YTtP4g

Oti Mabuse from Strictly Come Dancing is posting a daily dance tuition for children

Movement and mindfulness

<https://www.gonoodle.com/>

A great website to promote movement and mindfulness activities for children, including yoga

ART:

Doodles

https://www.youtube.com/results?search_query=%23MoLunchDoodles

Online doodles

Rob Biddulph

<http://www.robbiddulph.com/draw-with-rob>

Children's illustrator 'draw along' videos

GENERAL INTEREST:

The ESA

<https://www.esa.int/>

The European Space Agency have some amazing resources that they've collated especially for home schooling during the pandemic

Museums

<https://hellogiggles.com/news/museums-with-virtual-tours/>

12 museums with virtual tours

Lego

<https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/>

A downloadable 30 day lego challenge

Nessy Fingers

https://download.cnet.com/Nessy-Fingers-Touch-Typing/3000-2051_4-10826832.html

Touch typing activities for children

Touch typing activities for children

Home schooling

<https://allinonehomeschool.com/>

Lots of home school ideas covering all subjects

National Geographic

<https://www.natgeokids.com/uk/>

Lots of Natural World information and games

The Scouts

<https://www.scouts.org.uk/the-great-indoors/>

Lots of ideas for outdoor activities

Ben Fogle

Ben Fogle on Instagram

Ben Fogle is giving live adventure lessons on Instagram – check for dates and times

Steve Backshall

Steve Backshall on Facebook, Instagram and YouTube

Steve Backshall is giving live wildlife chats – check for dates and times

General ideas

[https://www.facebook.com/groups/871176893326326/](https://www.facebook.com/groups/871176893326326/?ref=group_header)

?ref=group_header

Family lockdown tips and ideas group