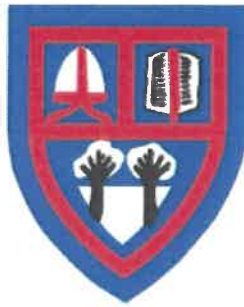


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(Teaching School)  
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EXECUTIVE HEAD TEACHER  
MISS INDERJIT SANDHU OBE, BA Hons, MA

HEAD OF SCHOOL  
MS KATHRYN PRIDDEY BEd Hons

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Company Number 8515149

## LAUNDE PRIMARY SCHOOL

**New Street Oadby Leicester LE2 4LJ**

24 April 2020

Dear Parents / Carers

Another week has passed by and we are all getting used to the new way of working. Thank you for all your support over the past few weeks and we appreciate that things have not always been easy.

We hope that by having access to the teachers via email has been supportive. We know that the teachers have enjoyed being in contact with either you or your children. Please remember if you have any concerns regarding work then to contact the teachers as they will be able to support you.

Many of you have set up a routine for your children which is working well for you. However, some parents have found it hard to do this so we have enclosed a leaflet to help you set up these routines. You do not need to fill it in but it does give you a guide of some of the things children might like. You can design your own if you wish. The routines will help but you do not need to follow the school examples of work in the morning and other things in the afternoon. Some parents might find it more useful to do the school work in the afternoon as you may well be working from home yourself and have deadlines to meet. Routines should work for both you and your child so that everyone can feel secure.

We have also enclosed tool kit of ways to look after yourself which is designed for children by the NHS but also equally helpful for adults. This document is also on the website. We hope this will give you ideas for practical activities to support your children's mental wellbeing. "

Yours sincerely

Inderjit Sandhu  
Executive Headteacher

# Supporting home learning routines

## Planning the day

Consistent routines are important for behaviour and wellbeing in school and our routines at home have changed significantly. Routines support behaviour and you will be finding a new rhythm with your family. You could share this checklist with your child. Talk to them to help them plan their new routines.

The importance of simple approaches as part of a regular routine is key recommendation 4 of the EEF's guidance report [Improving Behaviour in Schools](#)

M T W T F



I woke up at a good time.



I did some exercise.



I had regular meals and drank water.



I enjoyed some reading in a quiet space.



I practised a maths skill.



I completed some school work at my work space.  
I chunked it so I had some breaks too.



I talked to my family about my day and how I am feeling.  
I asked them about their day.



I helped with a household job and talked to my family  
while I did it.



I contacted my friends.



I spent some time on my creative hobby.



My parent/carer told me what I did well.



My goal:



My goal:



**Health  
for Kids!**

**Looking after  
yourself**

A kit to help you  
take care of  
yourself



# What's inside?

## Staying healthy

Advice on how to stay healthy and feeling good

## Handling your emotions

How to look after your emotions through relaxation and breathing exercises

## Saying goodbye to your worries

Ways to help you release and ease your worries

## Staying connected

Conversation starters and how to keep in touch with family and friends

## Things to do

Fun activities to keep you entertained

# Staying healthy



## Exercise

Going for a walk, playing on your bike or scooter, or running around your garden is great for your body and mind.



## Sleep

Even though you might not be at school, try to go to bed and get up at the same time as you would normally.



## Feel good

Do things that make you feel good, like reading a book, having a dance, baking some cakes or watching a film

## Be kind

Think about things you could do to help around the house, call someone who might be lonely or help out a neighbour.



## Talk

If you're feeling sad or worried, talk to a grownup about this. It's okay to be scared, angry, worried and upset



# Handling your emotions



How do you feel today?



Very sad because:

---



Sad because:

---



Okay because:

---



Happy because:

---



Very happy because:

---

# How to relax



Simple breathing exercises for all the family to try

## Exercise One: The Mountain



1. Image a mountain. You can close your eyes if you want to



2. Imagine you are walking up this mountain. As you walk up, breathe in to the count of 5



3. Imagine you are now at the top of the mountain. Hold this breathe to the count of 5



4. Imagine you are walking down the other side of the mountain. Slowly breathe out to the count of 5

5. Repeat steps one to four until you start to feel more relaxed

# Exercise Two: Square Breathing

You can use this when feeling stressed or anxious

Breathe in for 4 seconds



Hold for 4 seconds



Hold for 4 seconds



Breathe out for 4 seconds

# Exercise Three: Belly Breathing

## Step One

- Sit up straight in your chair or lie down if you prefer.
- Make sure you are comfy
- Keep your shoulders back
- Let your arms and legs go floppy
- Let your body feel floppy



## Step Two

- Think about your breathing
- Put one hand on your chest and one on your tummy
- Breathe in and out slowly 3 times and try not to move your chest

## Step Three

- Take a breathe into your tummy and feel your tummy grow and push out
- Keep your hand on your chest still
- Breathe out slowly and pull your tummy in

## Step Four

- Try this breathing until your chest is still and your tummy moves

# Exercise Four: Supple stretch



## Step One

- Sit up straight in your chair or lie down if you prefer.
- Close your eyes, be still and pretend your bones are made of loose elastic
- Let your legs and arms be floppy and loose
- Let your tummy, neck, head and whole body feel floppy

## Step Two



- Imagine someone is now pulling your arms gently, and someone else is pulling your feet
- You are stretching longer and longer
- Your elastic bones and muscles are being stretched out, longer and longer

## Step Three

- Take a few seconds to stretch and feel like you're growing
- PING.... someone lets go of your arms and legs
- Let all of your bones and muscles relax as you become floppy again



# Exercise Five: 5,4,3,2,1

Work through the five senses to calm you in difficult or stressful situations



## Look

What five things can you see? Say them out loud, for example, 'I see a phone', 'I can see a pen

## Listen



What four things can you hear? It could be birds singing outside or your parents talking



## Feel

Pay attention your body and think about three things you can touch or feel. For example, 'I can feel a cold drink in my water bottle'

## Smell



What two things can you smell? This could be your dinner cooking in the kitchen or freshly cut grass outside



## Taste

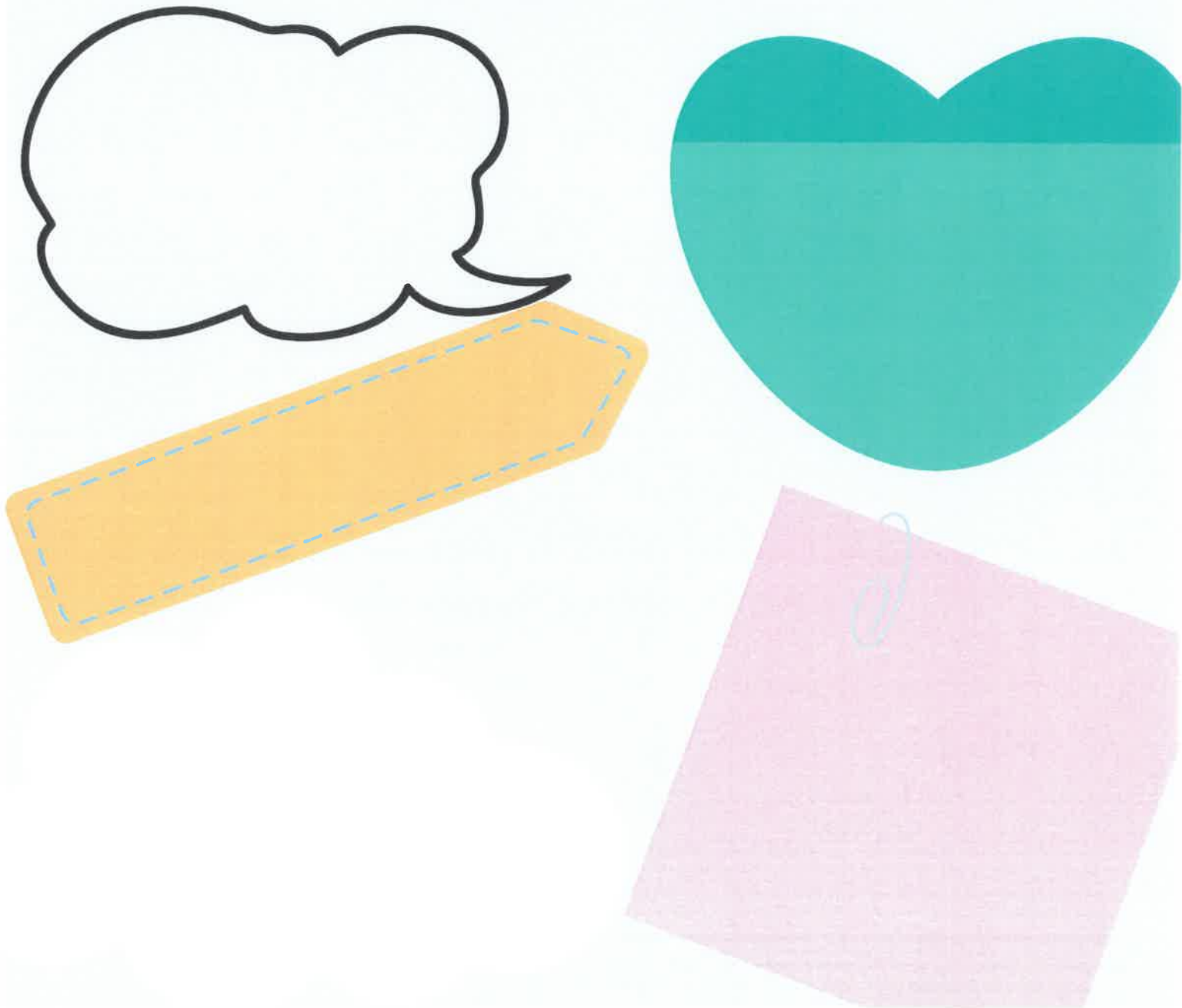
What one thing can you taste, or would love to taste right now? It could be something you're eating now or your favourite food

## Take a deep breath

Notice what is around you right now and how different it is from the difficult or stressful situation

# Saying goodbye to your worries

At times like these, there's probably lots of thoughts and worries going round in your head. Writing them down can be a good way to help clear your mind.



# Health for Kids!

Today I feel (Pick a feeling)



Because (Write down or draw a picture of why here)

A large white rectangular area for writing or drawing.



# The Worry Tree

Help get a plan to stop worrying



## Notice the worry

**Ask: What I am worried about?**

**Ask: Can I do anything about it?**

**No**

**Yes**

**Let the  
worry go**

**What can I do  
about it?**

**Do something  
else**

**How can I do  
it?**

**When will I do it?**

# Top tips to keep a healthy mind

Everyone worries sometimes, but this is normal. There are lots of things you can do to help with your worries.

Write or draw your worries

Speak to a trusted adult- for example your parents, carers or teachers

Go and do an activity you enjoy

Do some slow breathing

Remember to be kind to yourself and others

Think of 3 good things about yourself



# Staying connected

It's so important to keep talking, letting people know how you're feeling and also having some fun conversations with your family too

## Let's get talking

Try these conversation starters with your family

**If you were an animal, what would you be?**

**What would you tell an alien about planet earth?**

**Which film would you like to be in and why?**

**What is your dream job?**



# Family and friends

It's hard not being able to see members of your family and friends at school.

Write them a little note on this postcard to let them know how you're feeling

To \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Here's a picture of me!

Health  
for Kids!



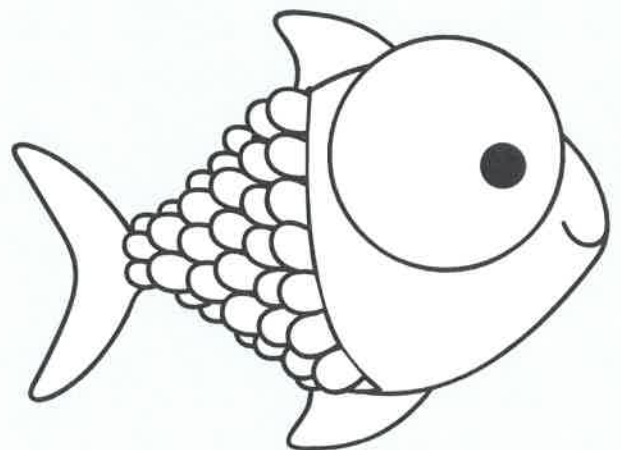
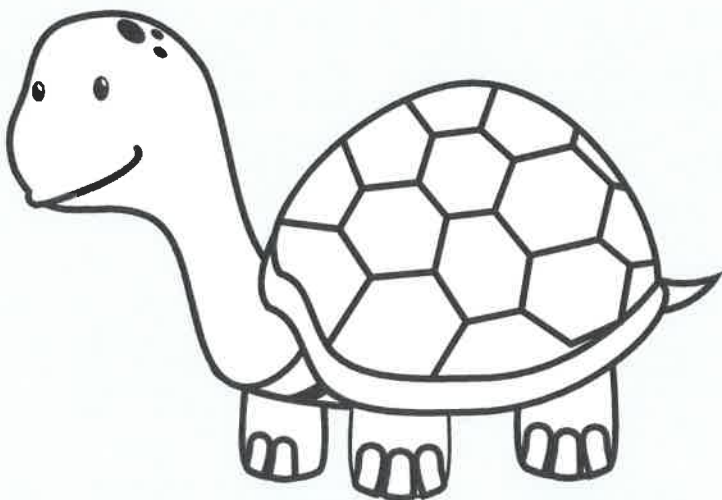
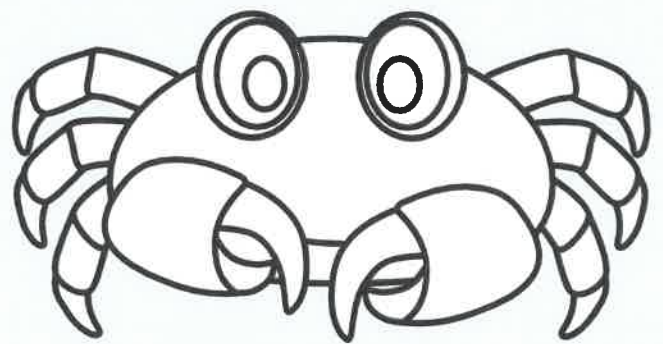
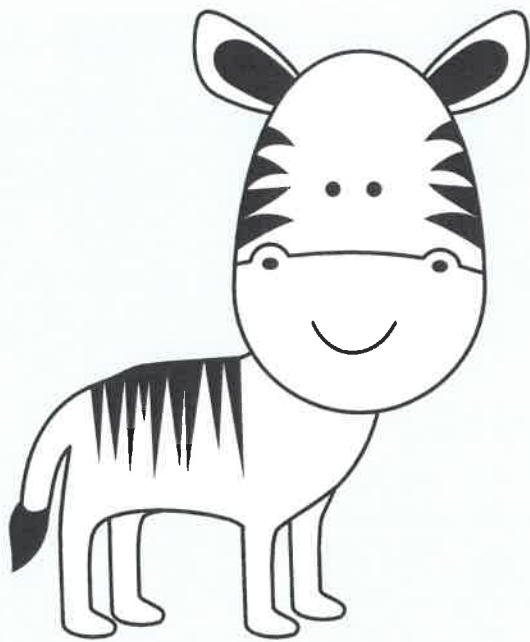
You can show it to them the next time you see them

# Things to do

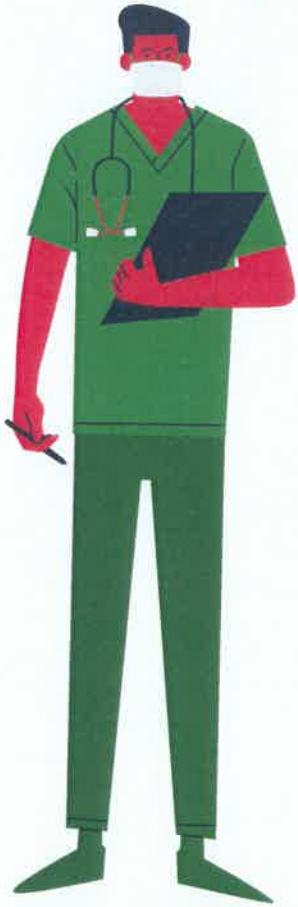


Discover some fun activities to  
keep you entertained

**Colour me in!**



# Thank you



# Key Workers

Print off and display in your window

# Things to look forward to...

Having things to look forward to is great during difficult times.

What's on your list?



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# Let's get active

There's lots of fun online resources to help you get active at home



P.E with Joe



Andy's Wild Workouts



Oti Mabuse Kids Dance Class



Play our new Shake Up games!



Change4Life 10 min Shake Up Games





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# With thanks to

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[www.healthforkids.co.uk](http://www.healthforkids.co.uk)