

#StayAtHome7Day Challenge – Week 1

As the current situation progresses we realise it's likely we may run out of steam a little on how to keep little fingers and minds busy. You will have been given learning activities from School, so these activities are about having fun, engaging and connecting with your child. Included are some links to make cheap homemade resources

	Challenge Younger Children	Challenge Older Children
M O N D A Y	<p>Have a tea party for a toy:</p> <ul style="list-style-type: none"> • Make a card • Find something in the house as a gift • Draw pictures on paper as wrapping paper • Make some cookies (real or playdough / salt dough) • Everyone puts on their best clothes • Have a picnic / songs / party games for the 'birthday boy/girl'! 	<p>Create a secret code</p> <ul style="list-style-type: none"> • Work with your children to develop a secret code • Write all the letters of the alphabet on a large sheet of paper (wallpaper?) • Agree a sign / symbol for each letter, eg: A = two dots / B = two dots and a heart / C = a tree .. etc. • Everyone writes a note to the other person/people in the family to decode.
T U E S D A Y	<p>Go for a walk – whilst maintaining social distance of course:</p> <ul style="list-style-type: none"> • Walk till you've found every road where the first letter of the road spells your name, eg: SAM – <ul style="list-style-type: none"> ○ Spencer Avenue ○ Albert Road ○ Marks Street 	<p>Family Bingo</p> <ul style="list-style-type: none"> • Create 3x3 grids for as many people in the family • Draw a picture/write words in each box for something that means something to your family • An adult to write each item on a piece of paper, into a hat • Play Family Bingo!
W E D N E S D A Y	<p>Painting</p> <ul style="list-style-type: none"> • Finger painting • Stamping • Rainbows • Bubble painting (washing up liquid mixed with paint) • Marble (a marble dipped in paint and rolled around paper) <p>... if you can, get outside, get messy --- hose them down afterwards!</p>	<p>Help prepare dinner</p> <ul style="list-style-type: none"> • Agree a simple recipe for pizza / pasta / cake • Child is Chef / Adult is assistant • Everyone makes their own placemat (simple drawing on paper) • Everyone helps tidy up after • Reward for effort!
T H U R S D A Y	<p>Build a den/fort</p> <ul style="list-style-type: none"> • Nominate an area in the house • Use chairs, blankets, duvet covers, duvets, cushions, large boxes, string/rope, fairy/Christmas lights, etc • Have 'story time' daily – or Use smart speaker / CD player for regular storytimes, • https://www.thereadingresidence.com/in-door-den-building-5-easy-steps/ 	<p>Write a card/letter to someone</p> <ul style="list-style-type: none"> • Relative • Friend • Neighbours <p>... can post during daily exercise</p>

F R I D A Y	<p>Treasure Hunt</p> <ul style="list-style-type: none"> • Adult hides items around the house/garden for children to find • Make up clues to guide the searching • Hide items which, when found, you can do something with, eg. butter / sugar / eggs / flour – make cookies! Or flour / salt / water / oil / food colour – make salt dough 	<p>Organise a kitchen disco</p> <ul style="list-style-type: none"> • Create a playlist of favourite songs – adults and children’s! • Use fairy/Christmas lights • Make-up a dance for your favourite song
S A T U R D A Y	<p>Rice/lentils play</p> <ul style="list-style-type: none"> • Use any kind of bowl or tray • Fill it with any uncooked rice and pop in several things to help your kids to become rice-panning-experts: Spoons, bowls, cups, balls, toys, figures, etc. • Challenge them to find something beginning with ‘a’, something you can eat with, something you can use on paper, etc. 	<p>Make homemade marble runs</p> <ul style="list-style-type: none"> • Use empty toilet /kitchen rolls, lego, sheets, pegs, etc. to make your own marble run <p>Lots of ideas here: https://www.pinterest.co.uk/mindyahrens/marble-run-ideas/</p>
S U N D A Y	<p>Life size drawings</p> <ul style="list-style-type: none"> • Stick a load of A4 sheets of paper together (or if you have a big paper roll even better!) and place it on the floor. • Encourage the kids to lie down on it and outline their body with a pen • Colour in, add accessories to the figures like stickers or stamps, design clothes with old material offcuts or other things you might find around the house • Hang bedroom wall afterwards. 	<p>Make a ‘Thankful Jar’</p> <ul style="list-style-type: none"> • Get an old jam / pickle / peanut butter jar. • Decorate with old scraps of fabric / ribbon / paper / sparkles • Make a ‘What I am Thankful For’ label • Encourage children (at dinner?) to write /draw picture of something they are grateful for each day



Marble Jar with Lucky Dip

At this time it's possible things are feeling very negative in all our houses. This is an idea that may help focus on the positive, promote wellbeing for both children and adults, as well as a sense of fun.

Why does this work? Because you **focus on the positive**, your child receives the instant gratification of getting a marble (or pasta) in *their* jar and for being noticed for 'good' behaviours, there is the excitement and anticipation of working towards a bigger reward, they learn they may have to wait for the reward but it **will** come. The more you involve your child with the planning the more they will be invested in it.

- Explain to briefly to your child why this is being set-up: "because you are really special and we want to focus on good behaviours rather than everyone getting cross with each other"
- Set up marble jar (or pasta) – one for each child – can also be fun to include adults!
- Agree with your child 5-6 'lucky dip' rewards, eg: choose dinner at the weekend, cook a pizza, 10 minutes of bubbles, sweet treat – whatever might motivate them. Write them each on a piece of paper, place in another jar.
- Award marbles for any *desirable* behaviour: doing what he's asked to do, being helpful/kind/polite, sharing, just for being FANTASTIC! Award **very frequently** initially to help your child recognise what is a 'good behaviour' and to make them feel good. Refer to House Rules if you have them in place.
- Be explicit when rewarding: " I noticed you working independently/sharing/being kind/doing what you are asked – I'm very proud of you – put a marble in your jar"
- When your child achieves a pre-agreed number of marbles they can have a 'lucky dip'. They may not be able to have his reward straight away so may need to learn to wait and trust that they will get it.
- You may need to change the 'lucky dips' occasionally but, more than anything, reward frequently, consistently and (very!) enthusiastically.

Other helpful links:

Ideas for setting up family routines:

<https://raisingchildren.net.au/grown-ups/family-life/routines-rituals-relationships/family-routines>

CAMHS Covid-19 Advice

<https://hampshirecamhs.nhs.uk/help/young-people/coronavirus-help-support-and-advice/>

Information relating to all aspects of safeguarding from the Police, for adults and children

Covid-19: Supporting Education & Safeguarding Children Safe4me

Online Reading Books:

<https://www.oxfordowl.co.uk/>

List of activities for home learning:

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

Beacon House: specialists in trauma and therapeutic approaches:

<https://beaconhouse.org.uk/resources/>

Look how much you've already managed to adapt to. Look how resilient you've already been. There's no "right" way to respond to this because it's never, ever happened before. Give yourself some credit. ☆ There's no one in the whole world who has this figured out yet. So it's absolutely okay if you don't either. ♡
mellow doodles