

Hello! On this page, you can find some more ideas on how to support your children whilst at home.

If you have any questions, please do email your class teacher on the class email address, or you can email myself (Mrs Natalie Dawson SENCo) on oak@gargrave.n-yorks.sch.uk.

Keep safe.



NEW! An updated version from Julia Donaldson's 'A Squash and a Squeeze.'



<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-supporting-children-who-may-be-especially-vulnerable/>

Place2be is a children's mental health charity with over 25 years' experience working with pupils, families and staff in UK schools.

Please click on the Cat Corner link to access creative activities for emotional wellbeing. They are a collection of creative activities using different art forms focusing on the exploration of a psycho-social-emotional area. www.catcorner.co.uk

Stay Active! PE with Joe Wicks Monday-Friday 9am on YouTube. This can be accessed any time of day.



Young Minds have lots of tips and how to support your child during the Coronavirus pandemic.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/>



Elsa have produced a story to try and help children understand the Coronavirus.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/Childrens-story-about-coronavirus.pdf>

Try Yoga with your child! One place that is offering some free videos is <https://www.cosmickids.com/>

Get children laughing and learning through sensory play activities. Try activities such as making playdough, slime or even unicorn poop! <https://booberrit.com/2019/01/30/sensory-play-edible-unicorn-poop/>



Try a virtual tour of one of twelve museums across the globe. <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>



Garden or Do Yard Work



Observe Clouds (and just breathe)



Bake or Cook (try a new recipe!)



Go on a Walk, Run or Hike



Talk About My Feelings



Read a Good Book or Magazine



Do a Puzzle



Watch Funny Animal Videos



Unplug and Go Outside



Say Something Kind to Myself

Play a Card or Board Game



Make of List of Things I Can Control (and focus on that)



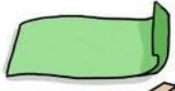
Take Slow, Focused Breaths

Do Wall or Chair Push-Ups



50 COPING TOOLS

for kids!



Stretch or Do Yoga



Set a Goal and List 2 Steps to Get There



Remember ALL of My Feelings Are O.K.



Build Something



Try or Learn Something New



Create Origami Paper Airplar



Call or Text Family and Friends

Cuddle & Play with My Pet



Sew, Weave, Knit or Crochet



Visualize a Peaceful Place



Cry (tears release stress hormones)



Write a Letter



Drink a Cup of Hot Cocoa



Use a Stress Ball or Other Fidget



Focus on What I See, Hear, Feel, Smell & Taste



Take or Look