



Create a rainbow poster to display in your window. This idea has caught on nationally as a way to spread positivity and hope

Children should be doing about an hour of moderate intensity exercise per day. This can be through dancing, playing in the garden or going for a walk (in line with the Government's social distancing guidance). There are also several workout routines for children available online, such as <https://qalo.com/blogs/qalo-life/12-at-home-workouts-to-do-with-your-kids>

Try to maintain a learning routine which mimics a classroom environment. Teachers are using video sharing sites, such as YouTube, to hold virtual lessons. Resources for home learning are available from several sites, including <https://literacytrust.org.uk/family-zone/>

Activities for Children During Social Distancing

Plan a daily story time, or a family film time. If your child has a particular favourite book, film or character, encourage them to create their own stories, or dress up and recreate their favourite scenes. Celebrities like David Walliams are reading stories daily for free: <https://www.worldofdavidwalliams.com/elements/>

Focussed activities such as board games, puzzles and construction toys can keep children occupied and are things the whole household can do together. Art and craft activities can spark a child's imagination. Websites such as <https://www.easypeasyandfun.com/crafts-for-kids/> have lots of ideas for things to make and do

It can be difficult for children not to see their friends and their wider family, and to understand why. Stay in touch via social media or encourage children to write letters and draw pictures for the people they can't see in person

Gameshows such as Taskmaster are setting challenges for families to complete, to alleviate boredom: <https://twitter.com/AlexHorne>

If you have the ingredients available, bake some tasty treats. There are lots of child-friendly recipes available online, including <https://www.bbcgoodfood.com/how-to/guide/top-5-easy-bakes-kids>