

Wellbeing during School Closure

These are difficult and challenging times for all of us. Our daily lives have changed dramatically in just a matter of weeks. Children can no longer play with friends, visit relatives or go to school. It is important to acknowledge that some children may be feeling anxious and unsure about what is happening in the world around them.

Below are some tips and resources that will help you to look after the physical and mental wellbeing of your child.

Talk

Talk to your child about how they are feeling and listen to their point of view. Explain that it is okay to feel worried and try to encourage them to look at things in a more positive way. Keeping a journal during this time is a great idea as it helps children to write down, or draw how they are feeling and is also a piece of history to look back on in the future when this has all ended.

Resources

- A daily journal- <https://www.twinkl.ie/resource/coronavirus-diary-t-tp-2549575>
- Create a time capsule- <https://www.twinkl.ie/resource/time-capsule-pack-us-e-457>
- 'Coronavirus- A Book for Children' is a colourful book that explains Coronavirus to children.- https://www.gillbooks.ie/AcuCustom/Sitename/DAM/156/Coronavirus_-_A_Book_For_Children.pdf

Stay in touch with others

It is so important to feel connected with those that we miss so much. Modern communication is fantastic and there are lots of video calls taking place all over the country, as well as chatting on the phone. Writing letters and postcards can be a great way for friends and family to stay in touch and also a great way to practice handwriting! Children find it so exciting having a physical letter or postcard to hold and read.

Resources

- An Post have released a fabulous activity book to encourage children to keep reading and writing while they are stuck at home- <https://www.anpost.com/AnPost/media/PDFs/ImagineNation-Playbook-April-2020.pdf>

Routine

It is important to try to make life as normal as possible. Having a daily routine, even just on weekdays can make life seem more organised and predictable. Children thrive on routine and having a time for getting up, dressed and starting school work can give structure to the day. Don't forget to schedule some outdoor time as well!

Resources

- RTÉ Home School Hub is on RTÉ One weekdays from 10-11. For more information see <https://www.rte.ie/learn/home-school-hub/>
- Cúla4 ar Scoil Monday-Friday @ 10am on TG4. For more information see <https://www.cula4.com/en/shows/cula4-ar-scoil/>
- Sample daily timetable for home learning- <https://www.twinkl.ie/resource/school-closure-home-learning-daily-timetable-nz-t-2548864>

Keep active

It is so important for all of us to keep active and get out and about in the fresh air as much as possible. It is proven that physical exercise can help to improve our mood and can enhance self-esteem. It is also important to incorporate movement breaks throughout the time that your child is doing schoolwork and that they don't spend too much time in front of screens. Walking, scooting, cycling or just running around the garden are fantastic ways to keep active. Here are some resources for when the weather is not so nice.

Resources

- Joe Wicks does live at home PE lessons on his Youtube channel at 9am on weekdays- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Hurling/ camogie drills <https://www.youtube.com/watch?v=aGF9aVO4OO8>
- GoNoodle has lots of activities to move along to as well as songs to dance to. If you feel like taking it easy there are also nice meditation videos. Find them here- <https://app.gonoodle.com/>

Get Creative

Having a chance to be creative is so important for children. It also helps us to learn about how they are feeling and thinking. Letting children be creative in the way that they do things can provide them with opportunities to try out new ideas and can help them to problem solve. Some children love getting creative with Art materials such as paint or markers. Others like to build or invent new things. No matter what your child likes to do, remind them to tidy up after they have done their activity!

Resources

- Science experiments for kids- <http://www.sciencefun.org/kidszone/experiments/>
- Colouring competition 'Draw our Heroes'- <https://drawourheroes.ie/>
- How to make a face covering- <https://www.rte.ie/news/coronavirus/2020/0516/1138851-face-coverings/>

Relax

Day to day life is so busy. Even though we are stuck at home, life seems just as busy as ever. It is important to take some time out each day to step back and take a breather. For some children this might be reading their favourite book in the garden, writing in their journal, meditating or just having a nap! Listening or playing music is also a great way for children to relax and be creative. With all of this time at home they could even learn how to play a new instrument!

Resources

- Find great breathing and relaxation activities for kids on <https://app.gonoodle.com/>
- Compose your own music- <https://www.classicsforkids.com/games.html>
- Twinkl has lots of activities for mindfulness, relaxation and breathing techniques.
- Guided visualisation for children- <https://www.pdst.ie/primary/healthwellbeing/relaxationandself-regulationtools>

Weaving Wellbeing

Weaving Wellbeing is a programme that we use throughout the school to promote the Wellbeing of our students. 'At Home with Weaving Wellbeing' is a free downloadable resource that can be used to help your child's wellbeing during school closure.

Resource

<https://indd.adobe.com/view/5237deef-2311-469f-9e2d-b5ee89c2000f>

Advice for Parents

The government have put together a useful document for coping at home during COVID-19. It contains advice on how to support your child with home learning and is full of tips about managing stress at home during this time.

Resource

<https://www.gov.ie/en/publication/606da7-coping-at-home-during-covid-19/>

Further Information

For extra advice and information you can contact [Parentline](#) at 1890 927 277, [Barnardos](#) at 1800 910 123 or go to www.mychild.ie.