

### **Make schedules that can be broken**

Routines and schedules provide children with a sense of stability, security, and structure that can help keep boredom and frustration to a minimum. An important way to maintain some sense of routine is to keep sleep schedules relatively consistent. While children may appreciate sleeping later than they are able to on school days, it benefits them to get up at a reasonable time and stick to their usual schedule of naps and bedtime.

One recommendation is creating a daily schedule that works for you and your family. It should include scheduled meals, some quiet time activities such as reading, time to complete any schoolwork (possibly provided by your child's teachers), time for creative play such as arts and crafts, and time for outdoor or active play.

Keeping children active and able to burn off their energy may be particularly challenging, but even with social distancing, unless you or your child is actually ill, you should still have some options, such as going for walks, creating an obstacle course around your house for children to follow, or playing music and dance videos for kids.

### **Keep children busy**

Giving children tasks to keep them busy and active is also a good way to ease fear and anxiety. Household chores such as folding laundry, doing dishes, learning to help prepare meals, taking a pet for a walk, or organizing and tidying an area of the house can redirect children's focus and help them feel productive, as well as helping them master new skills.

### **Maintain regular health habits**

Keep reminding your children on the steps they can take to remain healthy. These include washing their hands well with soap and water, using a tissue to catch their coughs and sneezes, and avoiding getting too close to other people who are not immediate family. Parents can also reassure kids that adults are working hard to take care of sick people and to keep everyone else as safe and healthy as possible.

### **Manage your anxiety in front of your children**

Depending on how much knowledge they have of the situation at hand, an illness disrupting their daily lives can certainly cause fear or anxiety for children. Remember that children tend to take their cues from their parents about how scary a situation is. Please be mindful of what adult conversations children are hearing.

Children may show anxiety or fear in different ways depending on their age and their usual styles of coping with stress. Some children may show anxiety by asking a lot of questions and seeking reassurance, or just being clingier to their parents than usual. Others might be more irritable than usual, or not want to talk about their fears about illness at all. Older children and teens might make jokes and use dark humour to try to cope, as do some adults.

Talking to kids about COVID-19:

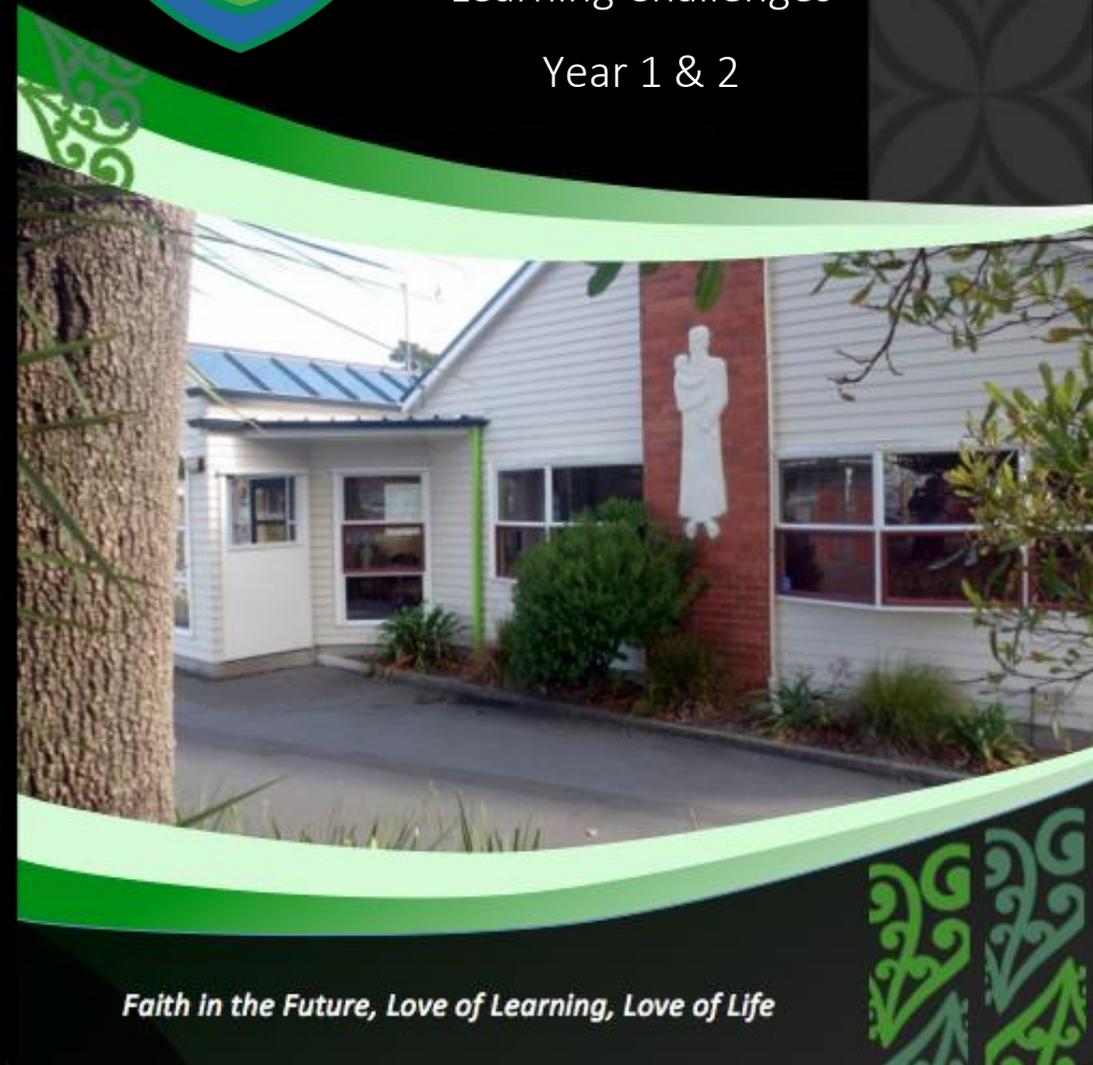
- [NPR: Just For Kids – A Comic Exploring The New Coronavirus](#)
- [Child Mind Institute: Talking to Kids About the Coronavirus](#)



## **Saint Joseph's Catholic Primary School**

Additional Home  
Learning Challenges

Year 1 & 2



***Faith in the Future, Love of Learning, Love of Life***

## Thinking

- T7 Improve your reading and writing: learn how to read and spell 10 high frequency words correctly. See your teacher for a recommended list
- T8 Improve your maths: be able to say and write all the numbers to 20 both forwards and backwards and be able to say the number that comes before and after every number from 1 to 10
- T9 Choose someone in your family or class to be a secret guardian angel for a week. Do something nice for them each day – e.g. pick them flowers, give them a treat, or make them a card. DON'T LET THEM KNOW IT'S YOU
- T10 Check in on your whanau: Ring a grandparent, aunty, uncle or cousin and ask them if they are doing okay. Make it a weekly event so they get to hear your lovely voice.
- T11 If you have family members living overseas, send them a short letter, email or postcard and let them know what you've been doing at school.
- T12 Give to your family: Do 2 chores that someone else in your family normally does – eg make breakfast, lunch or dinner for a family member (brother, sister, mum or dad)
- T13 Find out what kohā means. Make a kohā for someone to say thank you for something that they do for you (e.g. a family member, teacher, coach etc)
- T14 Enjoy a daily story from David Walliams – Go to [https://www.worldofdavidwalliams.com/elevenses/?fbclid=IwAR24s\\_jkK\\_LM5QouEpL2OR0eytq6rInXSIP9\\_sAxogHzfsmg32efrZQLIBc](https://www.worldofdavidwalliams.com/elevenses/?fbclid=IwAR24s_jkK_LM5QouEpL2OR0eytq6rInXSIP9_sAxogHzfsmg32efrZQLIBc)

Self Parent Teacher

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## Enjoying Some Arts & Crafts

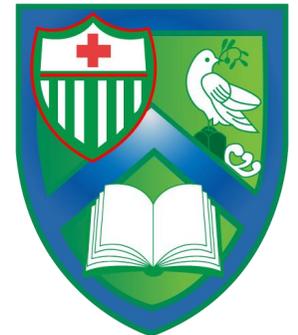
- M6 Personal art – create a paint masterpiece using your hand or foot print. You can look on Pinterest for ideas/inspiration
- M7 Learn a waiata, Māori action song or haka. Perform it for your class when you return to school
- M3 Use your computer skills to make a poster or slideshow or comic strip showing what one of the DRIVE values looks, sounds and feels like
- M4 Learn a new craft (eg knitting, following instructions to build a lego project, mosaics, papier mâché, or a musical instrument, raranga (māori weaving).
- M5 Go onto kids art hub <https://www.artforkidshub.com/>. Find your favourite lesson. Watch it and share your masterpiece with your family.
- M6 Complete the 30 day lego challenge. Take a photo of your amazing creations ready to show the class. <https://www.pinterest.nz/pin/132363676532480020/?autologin=true>
- M7 Create a mask of your favourite book or tv character
- M8 Design an indoor scavenger hunt with secret items that your family can find around your house.

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Don't forget our school website for links to online literacy and numeracy activities online:

<https://www.stjosephsuh.school.nz/11299/pages/591-homework-guide-for-parents>



St Joseph's School

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