

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:

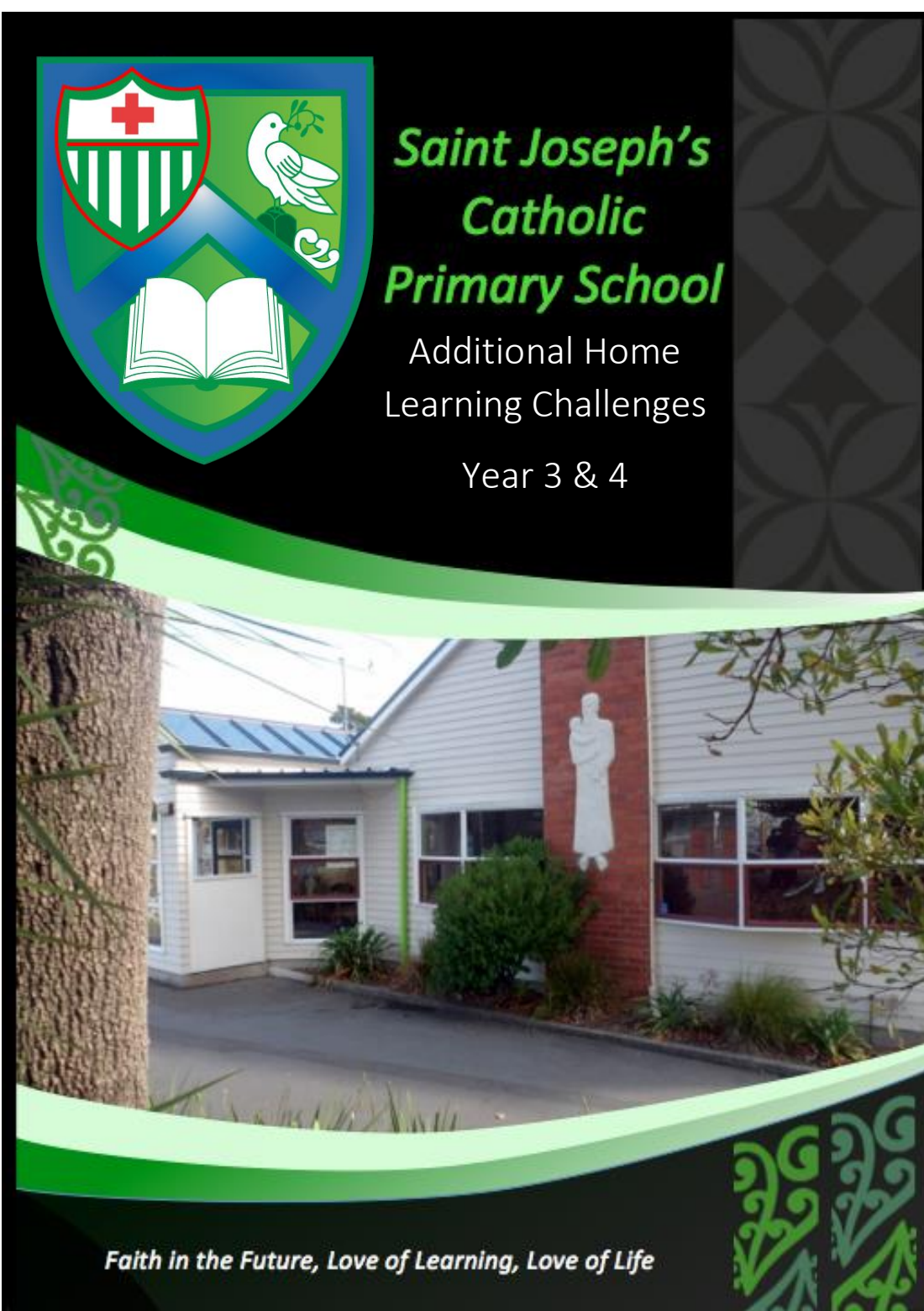
- [NPR: Just For Kids – A Comic Exploring The New Coronavirus](#)
- [Child Mind Institute: Talking to Kids About the Coronavirus](#)



**Saint Joseph's
Catholic
Primary School**

Additional Home
Learning Challenges

Year 3 & 4



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Thinking

- T7 Improve your technology skills: design and build a bridge to span a distance of 30 centimetres that will support 8 Matchbox cars. Build it out of any materials you like – lego, card, popsicle sticks etc. Use the internet/books to learn about bridge design
- T8 Improve your reading: find instructions in a book for 2 different magic tricks. Learn how to do the tricks and perform them for your class.
- T9 Improve your computer skills – do a ‘Scratch’ challenge (go to the Summerland website to find out how to do this: http://bit.ly/scratch_challenges)
- T10 Become a reporter: Ring a grandparent, aunty, uncle or cousin and ask them about an event they have been involved in. Write it up and share it with the class when you return to school.
- T11 Research skills – find out about a famous Māori New Zealander. Report back on challenges they overcame and what they have achieved
- T12 Learn 25 kupu hou in Te Reo (new words in Māori) For example, native trees and animals, farm animals, weather, feelings, things in a classroom. Create a mini-dictionary for your words. Make sure you can pronounce them correct.
- T13 Random acts of kindness - choose someone in your family. Do 3 nice things for them – eg pick them flowers, give them a treat, or make them a card. Document what you did.
- T14 Enjoy a daily story from David Walliams – Go to https://www.worldofdavidwalliams.com/elevenses/?fbclid=IwAR24s_jkK_LM5QouEpl2OR0eytq6rInXSIP9_sAxogHzfsmg32efrZQLlBc

Self
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Enjoying Some Arts & Crafts

- M6 Learn a new craft (eg knitting, sewing, following instructions to build a lego project, mosaics, papier mâché, or a musical instrument, raranga (Māori weaving) or whakairo (Māori carving). Share your creation with the class when you return to school
- M7 Learn about the koru and what it means in Māori culture. Make your own koru artwork – eg a mosaic tile for the garden, a clay tile, drawing or painting – there are lots of ideas on the internet
- M3 Create a puppet, robot or doll of an animal of your choice
- M4 Improve your confidence and speaking skills. Prepare a 3 minute speech on a topic of your choice which you could share to the class when you return to school
- 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 Design and build a 3D model of your ultimate school playground. Try tinkercad if you are really getting creative <https://www.tinkercad.com/>
- M8 Draw a birds eye view of your house. Design your family evacuation path and meeting point if you were to discover a fire in the house. Keep everyone included your pets safe.

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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>

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