

Keeping Routines As Normal As Possible While Learning From Home

Make schedules

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.

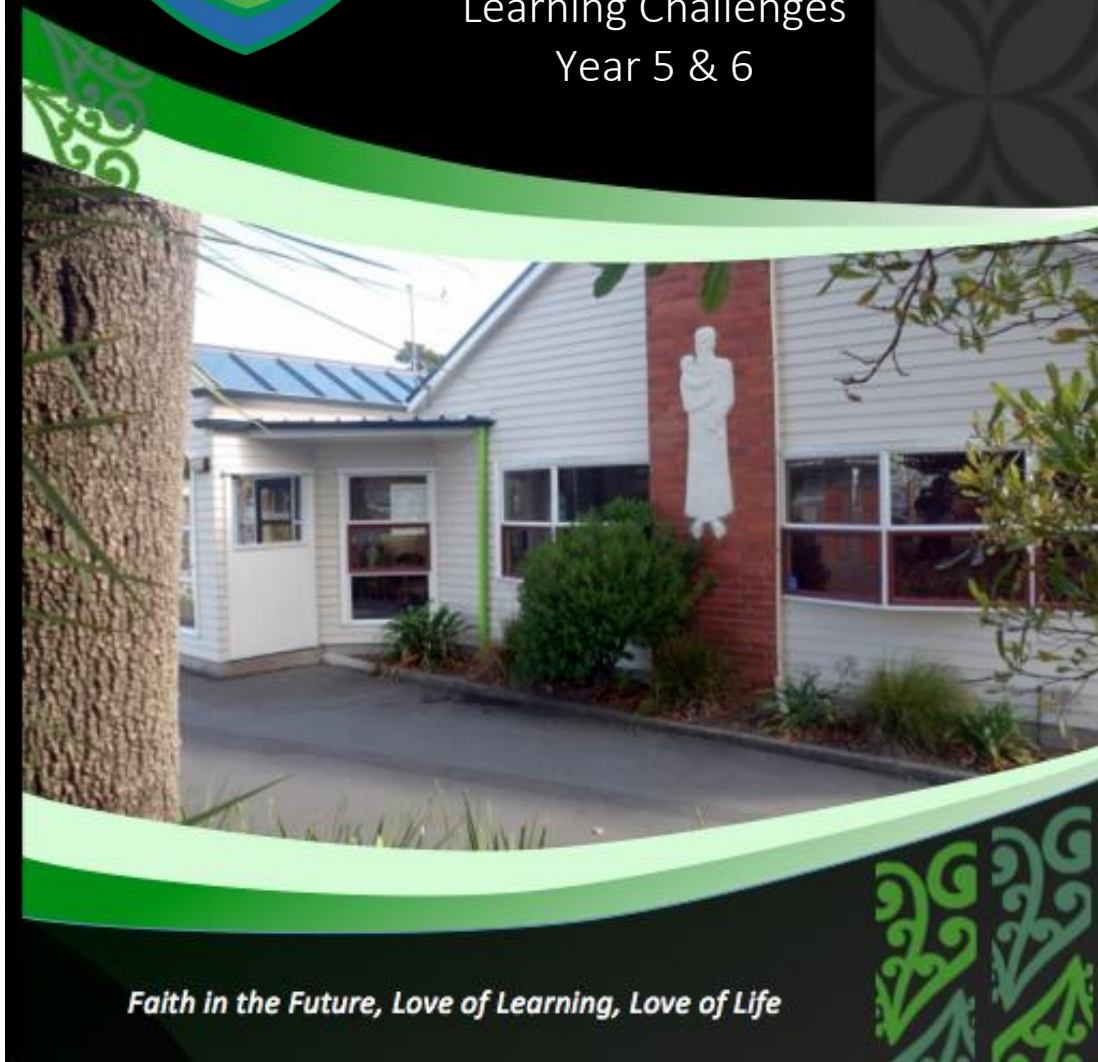
Talking to kids about COVID-19:

- [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 5 & 6*



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

Thinking

- T7 Improve your technology skills: **design** and build a bird feeder that encourages one type of **native** bird into your garden. You will need to research its name in Māori, what it eats (ie names of native plants in English & Māori) and look at bird feeder designs to get ideas. Use materials you have at home e.g. toilet rolls, cardboard, string, wood and nails.
- T8 Improve your study skills: research another country and compare it to New Zealand. Look at food, celebrations, customs, music, games, sport, etc. Decide which country is better to live in and justify your decision.
- 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 Improve your oral language skills: research the 20 funniest (kid-friendly!) jokes you can find and also find a tricky riddle. Present these to your class
- T11 Many place names in Aotearoa are Māori (e.g. Waikato, Papamoa etc.). Make a list of 12 Maori place names and find out what their translation into English is e.g. Waikato means *Flowing Water*
- T12 If you have relatives living overseas, write/email them 4 times letting them know what’s happening in your life. Take copies to put in your home learning book.

Self Parent Teacher

Enjoying the Arts

- M6 Make a papier mache bowl. Here are some instructions: <http://bit.ly/HLbowl>
- M7 Make your own air-dry clay. Here is a recipe: <http://bit.ly/Y5HLE3> . Find some instructions to follow and make a creation of your choice. Here are some ideas: <http://bit.ly/Y5HLE3b>
- M8 Learn a new craft (eg knitting, Learn a new craft (eg knitting, crochet, origami, cross-stitch, mosaics, sculpture, harakeke flax-weaving, whakairo (Māori carving) and produce something to show when you get back to school.
- M9 Click on these links to learn how to make a simple marionette: <http://bit.ly/Y6HLE2> and <http://bit.ly/HLY6E2b>. Make your own and write a short script for your puppet to share with the class.
- M10 Learn about a New Zealand artist – e.g. Warren Pohatu. Create a New Zealand themed artwork using the same painting style as the artist.
- M11 Research traditional cultural instruments. Make your own version of one

Self Parent Teacher

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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