



Home Learning

Learning Projects

Mental Health and Well-Being Activities for Home

Community	Family
<ul style="list-style-type: none"> ✓ Put fairy/Christmas lights up in the window as a sign of hope for all ✓ Make cards for your vulnerable (elderly) neighbours and post them through the letter box ✓ Donate to the Foodbank in your local supermarket ✓ Draw colourful pictures and put them in your windows for others to see if they are out having a walk ✓ Make dot paintings with your fingers/cotton buds and hang them in your windows ✓ Write lovely messages and leave them on your front door for people to read who are passing by 	<ul style="list-style-type: none"> ✓ Make up a family jingle using household objects as instruments for the music ✓ Play a board game (or make one together!) ✓ Wear a colour of the day- you choose! The whole family has to wear that colour. You can talk about things in this colour: animals, foods, things in the house. How many clothes can you wear in the same colour? How about having a fashion show? ✓ Make sock puppets and have a puppet show ✓ Special Time- see attached ✓ Role Play- shopkeepers, hospitals ✓ Cook together (what's your favourite thing to make?) ✓ Make paper aeroplanes and see whose flies the furthest ✓ Have a pillow fight- last one standing gets to go to bed an hour later than usual! ✓ Make a time capsule for your family- what will you each put in it and why? ✓ Have a tea party ✓ Movie day
Indoors	Outdoors
<ul style="list-style-type: none"> ✓ Learn a new skill from an online platform (how to braid hair, play the piano, bake bread...) ✓ Hang balloons upside down with string, attach to a door frame (gently) hit them-good practice for hand eye coordination! How high can you go? ✓ Create a mini assault course with household objects and have fun completing it! ✓ Keep a journal of 3 things each day you are grateful for or 3 acts of kindness you have completed ✓ Potato printing (cut shapes in potatoes and use paint to make prints on paper or fabric). Leaf printing works too. ✓ Indoor hopscotch 	<ul style="list-style-type: none"> ✓ Beat your personal best- how many star jumps, skips, squats, press-ups can you do? Can you do a few more each day? ✓ Say good morning to the birds- how many different birds can you spot in the trees/sky? ✓ What's the weather like today? Feel the breeze/sun on your face if you go outside (or open a window. Close your eyes and soak it in). ✓ Create a mini assault course with household objects and have fun completing it!



Special Time – A great strategy for families!

What and Why	How
Special time is a simple idea that carries a lot of power. It is a highly dependable way to build and rebuild a close connection with a child.	Spend special time with each child (if possible, 15 minutes for younger children each day, and 30 minutes twice per week for older children).
Special time is when a parent spends a well-defined amount of time one-to-one with their child – no interruptions – promising to do whatever the child wants to do, within reason.	Limit questions – no directions – no criticisms. Listen to your child, share information about yourself, and only ask questions to help your child think.
When we spend special time with each child individually, the message to our children is that they are important.	If necessary, have special time when you and your child are already together (bath time, walking to school, riding in the car).
Special time improves behaviour. Special time builds our child's self-esteem and enhances the parent / child relationship.	If possible, schedule special time at the same time each day. Tell your child that you want to spend special time together because you love him or her. Let your child choose the activity.



CONVENTION
ON THE RIGHTS OF THE CHILD

Article 31:
Every child has the right to play and relax