

Home Learning Activities

Silly stories

This is a simple activity where each family member takes it in turns to add one word/sentence to create a silly story. This can be a fun way to get creative and can also help keep your mind off the news.

Instructions

- Everyone sits in a circle. The youngest member of the family can begin by saying the first word. As you go round everyone adds the next word, without repeating what has already been said.
- Good starting words are 'suddenly' or 'earlier' to help build suspense and intrigue. What different techniques will you use to make the story funny?
- Continue going round the circle as you try to build the funniest version, the more unexpected the better!
- Why not add costumes and props made from things found around the house to help bring your family story to life.

Family charades

This activity can be a great way for your family to get-together and can also help to reduce anxiety during this time. Take 10 minutes out of the day to make each other laugh simply through actions!

Instructions

- Divide into pairs or in small groups and sit facing each other.
- Take it in turns to act out a word or phrase to make each other laugh. The aim is to do this without speaking or tickling just through actions and gestures.
- Think of a sketch, a famous character or a funny prank, something everyone will know.
- Race against the clock and try and get as many giggles out of the other person/team as possible.
- You have two minutes for each turn. The person/team with the most amount of laughs wins.

Developing Resilience

They're all so good at swimming and I'm still learning. I can't join in with any of their games! If I try, they'll only make fun of me. I might as well give up swimming altogether.



I'm terrible at riding a bike. It hurt so much when I fell off last time. I'm never going to be able to do it properly.



HENRY

I don't know any of the answers! Mum and Dad are going to be so disappointed. What's the point of trying? I'm always going to be terrible at science.



What advice would you give to _____?

My Strengths



Circle the things you are good at.



reading



taking photos



writing



games



growing plants



art



technology



helping others



singing



sport



making friends



caring for a pet



riding a bike



swimming



maths



dancing



cooking



building things

Are you good at something that is not listed above?
If yes, what?

Being Mindful



Practising mindfulness means being focused, which helps you with tasks you will do. Being mindful shows an awareness of who you are, where you are and what you are doing. And the best part? Anyone can do it.

Being mindful means you:

• have non-judgemental thoughts

• are focused on the present moment

• are kind to yourself

• show awareness of your body and its sensations

• are forgiving and resilient

• notice thoughts and emotions as they arise

• are not worrying about the past or the future

• show empathy and compassion towards others

Describe the last time you acted mindfully.