

Looking after your mental health whilst home-schooling



TRY NOT TO STRESS - You don't have to take on the teacher's role. Focus on activities that will help stimulate the brain but also enable you and your kids to have fun in the process like reading, puzzles and arts and crafts.



ESTABLISH A ROUTINE - Studies show young people work better when they are in a routine. Why not create a simple timetable for the week? Take regular breaks and make time for exercise even from the comfort of your living room.



EAT A BALANCED DIET - This is essential for healthy brain function so try to include a variety of healthy foods in your family's diet. Get the kids involved by making a new recipe or baking some healthy treats!



GET CREATIVE - This is a great opportunity for you and your little ones to get creative. Create a poster about your favourite book, write a poem or use those extra loo roll tubes to make an art masterpiece!!



TAKE TIME FOR YOU! - Take time to look after yourself. Lead by example by eating healthily, taking part in physical exercise and relax by doing something that makes you happy.

Free resources for home-schooling (Primary School)

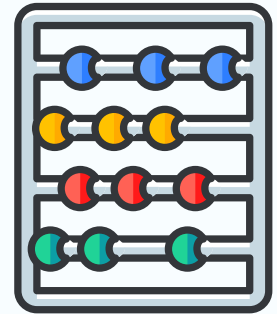


MATHS

The Maths Factor by Carol Vorderman

themathsfactor.com

Free maths lessons for kids aged 4-12



ENGLISH

Story Time with David Walliams

David Walliams is reading a new audio story every day for the next month for free

worldofdavidwalliams.com/elevenses

P.E

Joe Wicks has got you covered for this one

Check out his live Youtube fitness lessons for kids

youtube.com/user/thebodycoach1

COOKING

Chef Theo Michael is hosting cookalongs for young kids three times a week. 'Kids Cook With Theo' is streamed on Instagram and YouTube

instagram.com/theocooks

youtube.com/user/cookwiththeo



ARTS & CRAFTS

Red Ted Art

redtedart.com

Cute and easy crafts for kids