

Helping you help your children

As the lockdown continues we have put together some ideas that may help your children stay in touch with their friends. These are optional ideas, try them if you want!



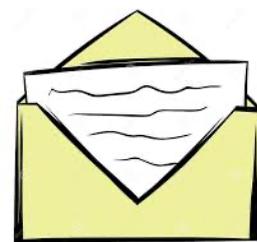
1. Reading together - 'FaceTime' a friend having first made sure that you have the same book at home and then take it in turns to read sections of the story together.

2. Watch TV together - 'FaceTime' a friend whilst watching the same thing on TV - you can then laugh and comment on the same thing at the same time! (I watch the rugby with my dad this way and it works really well!)



3. Have a lego theme, and give yourselves an hour to build something before 'FaceTiming' your friend to compare models

4. Write a good old fashioned letter to a friend, pop it in an envelope and deliver it to school for your friend to collect from the class resource boxes.



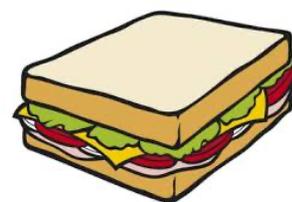
5. Create a picture together. Come up with something you'd like to draw and then draw your half of the picture. When it is complete, take a photo of it and then put the two photos together to join your joint masterpiece together. Use the same medium so the picture looks like it's been done by just one artist.

6. Design and plan a local adventure walk and send it to your friend - give them instructions to follow so they don't get lost.



7. Use WhatsApp to speak to more than one friend at a time - can you play a game that requires teamwork even though you are apart? Bounce a ball on a tennis racquet five times before a friend takes over. Can you pass the 'ball' around the group?

8. Compete in a mini-master-chef competition - 'Facetime' each other and at the same time do some baking or make a sandwich - then you can compare the finished results!



9. Sing a song together and perform a dance routine. Plan which song you want to do a dance to then 'FaceTime' each other and perform the song and plan some cool moves!

10. Play a simple board game together on 'Facetime'. Set up a drafts board and play both sides at the same time so that you can keep track of where all the counters are.

