



ST PATRICK'S R.C.
PRIMARY SCHOOL

Hints and Tips for Home Learning



Create a routine for your child

It is normal for a lack of routine and structure to make children and adults feel anxious and upset. If your child is no longer going to school, creating a routine is

important and there are ways you can do this together.

It is important to include your child when thinking about how you structure the day and different activities you can do together. You might want to think about having different routines or activities in different rooms for example, depending on the space you have at home.



Perhaps there's something your child loves doing, like artwork or playing games, that can become part of their daily routine.

Here are some examples of resources you can use to help the family plan the day and maintain a routine.

1. A visual timetable, using pictures to plan the day. If the whole day is too much to focus on, a timetable could be made for a morning or an afternoon instead. (There are examples in this pack for you to use and adapt). You place a picture in a square for your child to complete and once the activity has taken place then the picture is removed and the next activity takes place.
2. A weekly timetable, to show key things to look forward to on different days. (These could be added to a calendar for example, there are more examples in this pack for you to use and adapt).

This can be used for a whole day, morning or afternoon, evening or over a week (just add squares as you need).

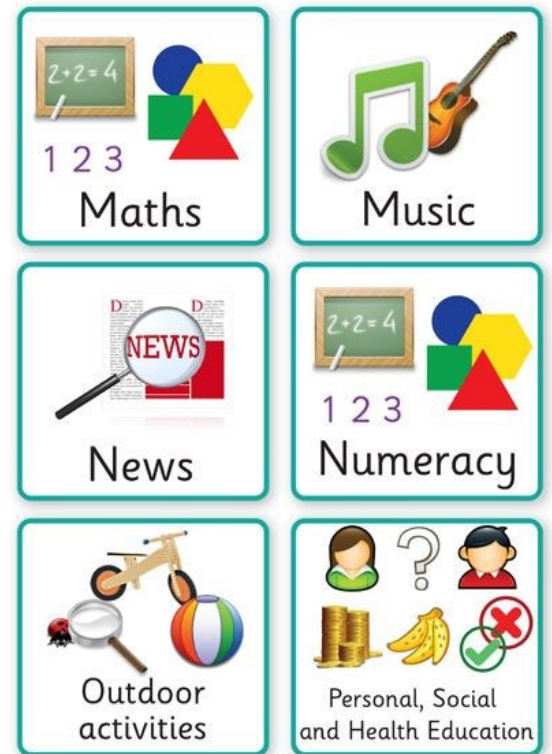
Visual Task Schedule: Template



Some of these pictures will not be relevant-just use the ones that are, remember you can draw your own, take a photo or write the word for each activity too.

	Community		Hall		Literacy		Maths
	Shops		playground		Science		Numeracy
	Minibus		Library		PE		English
	Story		Swimming		Tablets		History
	Communication		Lunchtime		Computer		Geography
	Physiotherapy		Playtime		ICT		Art
	Gaelige		German		Register		Number Formation
	Drama		Spanish		Music		Letter Formation

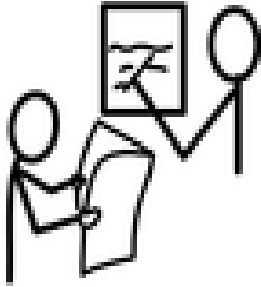
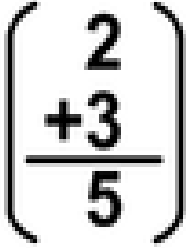
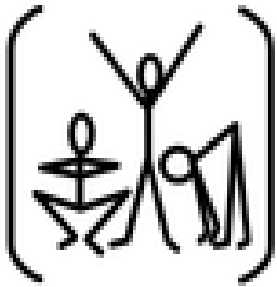
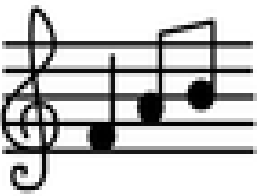
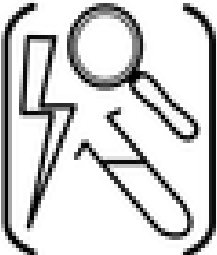
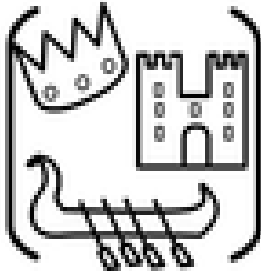

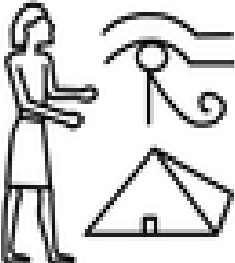
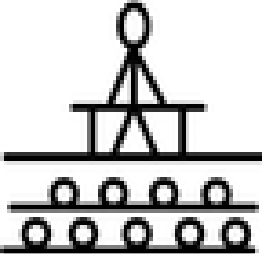

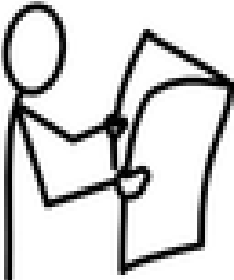
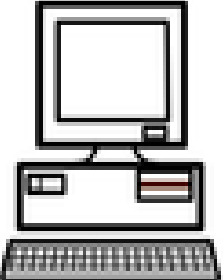
Some of these pictures will not be relevant-just use the ones that are, remember you can draw your own, take a photo or write the word for each activity too.



Teachers
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 <p>Literacy</p>	 <p>Numeracy</p>	 <p>PE</p>
 <p>Music</p>	 <p>Science</p>	 <p>History</p>
 <p>Geography</p>	 <p>topic work</p>	 <p>assembly</p>
 <p>circle time</p>	 <p>reading</p>	 <p>computer</p>

Help your child stay in touch with friends and family

- Your child may be missing their friends and adults they see regularly. Try to think about other ways they can see or speak to them.
- For example, having phone or video calls or talking to friends online via chat or when playing online games.
- Having regular times each day to speak to family or friends may help.



- Refer to online safety advice for parents to help you keep your child safe as they spend time online.
- There is advice on talking to your child about safety online, livestreaming and online video apps and inappropriate use included in this pack.
- There is also a copy of the SMART set of rules for staying safe online for children.

Advice for Children
(we use this one in school)

Stay Safe online

Remember the 5 SMART rules when using the internet and mobile phones.

S

SAFE: Keep safe by being careful not to give out personal information – such as your full name, email address, phone number, home address, photos or school name – to people you are chatting with online.

M

MEET: Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present.

A

ACCEPTING: Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages!

R

RELIABLE: Information you find on the internet may not be true, or someone online may be lying about who they are. Make sure you check information before you believe it.

T

TELL: Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.



Find out more at Childnet's website ...

Advice for Parents

10 INTERNET SAFETY TIPS FOR PARENTS

1 Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.

2 Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.

3 Be the parent. You're in charge. Set **boundaries** and consider using filtering software.

4 Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.

5 Teach your child what **personal information** they should not reveal online (YAPPY acronym).

6 Help your child learn to **filter** information online and navigate fact from fiction.

7 Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.

8 **Balance** green time and screen time at home. Focus on basic developmental needs.

9 Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.

10 **Learn more:** Explore reliable resources for parents so you can educate yourself.

Help your child express their feelings

Feeling isolated and being out of a normal routine is something that children and adults struggle with. This can be even more difficult for children who find it difficult to communicate and share how they are feeling and what they may need from you.

Here are some ideas to help you communicate with your child if you notice they are anxious or worried or perhaps just a little bit quiet. You might also want to use these daily with your child just to 'check-in' with each other, remember you can share your feelings too.

(These are included in the pack also).

1. An emoji feelings chart- you and your child can point to the face that shows how you are each feeling.
2. Play the 'm and m' game, this will help your child understand different feelings.
3. Colour 'My Feelings Thermometer' to share current feeling (s).
4. Display helpful posters around the house to help your child when they are struggling to manage their behaviour. Eg-deep breaths, counting to 10, asking for a hug.

Remember a new day is always a fresh start.

How Are You Feeling Today?



Happy



Sad



Angry



Worried



Shy



Excited



Surprised



Silly




Embarrassed

The Feeling Game

For every  say one thing that makes you happy.

For every  say one thing that makes you sad.

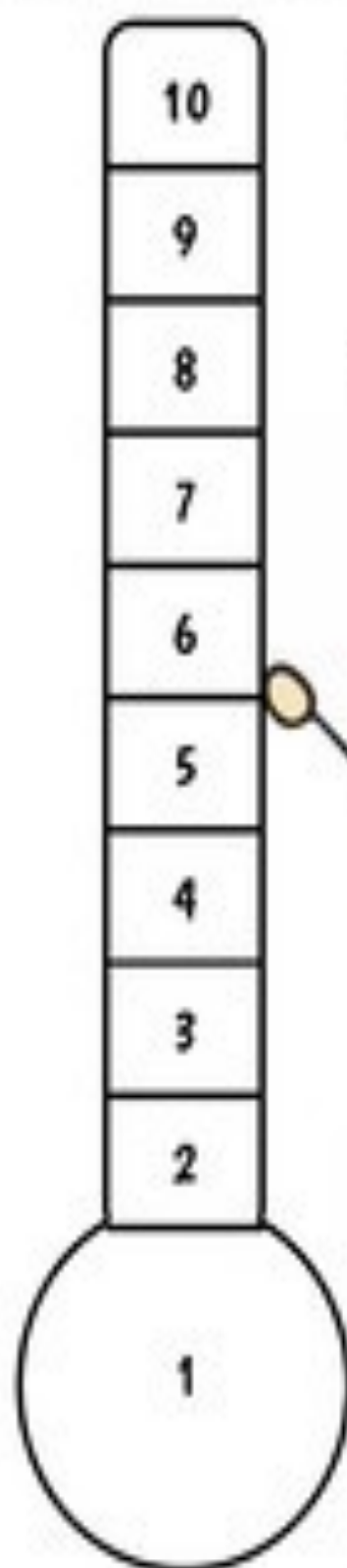
For every  say one thing that makes you angry.

For every  say one thing that makes you excited.

For every  say one poor choice you made today and what you could have done different.

For every  say good choice you made today.

My Feelings Thermometer



Color the thermometer to
show your feelings.

Aim for calm and happy at
number one!

I NEED A CALM BODY

Use my
Words

Deep
Breaths

Count to 10

Hands to
side

Feet on
Floor



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10 WAYS to Calm Down



1. Breathe in and out slowly 10 times.

2. Squeeze a stress ball.

3. Take a break and get a drink of water.

4. Talk to a grown-up.

5. Hug someone.

6. Draw a picture about it.

7. Write about your feelings.

8. Do some stretches.

9. Think of something happy.

10. Read a magazine or book.



I Can Calm down

When I have BIG emotions...

1. I can go for a walk.

2. I can push the wall.

3. I can count my breaths.

4. I can think happy thoughts.

5. I can trace my hand.

6. I can hug a toy.

7. I can ask for help.

9 CALM DOWN IDEAS FOR KIDS

1. Go outside and kick a ball or run around.
2. Punch a pillow.
3. Listen to music or sing a song.
4. Close your eyes and think of a calm place.
5. Draw a picture.
6. Write a letter or a story.
7. Read a book.
8. Talk to someone.
9. Ask for a hug.



Managing Big Emotions with Childhood 101

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HELPING CHILDREN LEARN TO COPE

printable poster

Keeping your child motivated with home learning

1. Set up a dedicated (no matter how small) work friendly space for you and your child.
2. Refer to school home learning guidance and resources and remember school is only a phone call away.
3. Keep distractions to a minimum.
4. Help your child make a plan for when they are working, what they need to do first, next and later.
 1. Help your child practice and stick to a routine.
 2. Make sure you allow time for regular breaks.
 3. Let your child know your schedule (work, shopping, etc...)
 4. Reduce the feeling of isolation. (Stay connected with others).
5. Remember to use SEESAW and Google Classroom to share you and your child's successes.
6. Don't forget lots of praise for your child (telling them what they are doing well) and forgiveness.

You will see templates for reward charts in this pack for you to use with your child.

Also remember...

Sleep, rest, relaxation, fun and healthy eating are crucial too...for the WHOLE family.

Reward Charts

You can use a reward chart for different purposes. Please remember that you should only have one reward chart in use at a time and with up to 3 tasks or targets (Any more than that and your child could become overwhelmed and will give up very easily).

Task/Activity Ideas for your child's reward chart.

(Remember three at the most, always start with 1 so you and your child experience success quickly and are motivated to continue).

1. To read my book.
2. To practice my handwriting.
3. To write my name.
4. To help tidy my bedroom.
5. To play with my sister/brother.
6. To use kind words.
7. To share my toys.
8. To use my x-box for 1/2 an hour at a time.
9. To eat my banana.
10. To sleep in my bed with my teddies.
11. To say please and thank you.
12. To help wash the dishes.
13. To pick up my clothes.
14. To help Mum/Dad when they ask me.

Once your child has succeeded then they will receive their reward. (Make sure your child has a say in what the reward could be so they are motivated to keep trying!

Remember to CELEBRATE as a family when rewards are earned, when your child isn't quite achieving their reward then always praise their efforts, the fact that they are trying means so much and it will help them to keep on trying and keep motivated!



This chart belongs to:

Source: Author's calculations.

A cartoon illustration of a blue whale. The whale is dark blue with a large white eye and a small pink nose. It has a large, rounded body and a small tail. The background is a light blue gradient.



Reward Chart for _____

Mon. Tues. Wed. Thurs. Fri. Sat. Sun.

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my reward will be:



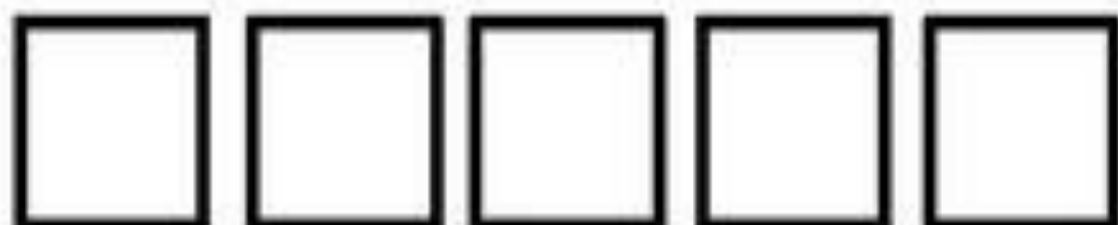
Weekly Chart



Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend

If I earn _____ points for the week I can _____.

I am working for





My Reward Chart

Name _____



ST PATRICK'S R.C.

PRIMARY SCHOOL

Thank you for all that you do and are doing to support your child with their home learning.

Remember that you were your child's very first teacher and together we can ensure every child is safe, happy and learning.

connecting
HOME AND
SCHOOL makes
us a great
COMMUNITY OF
LEARNERS!

