



Supporting families to add routine to life at home

Below is a planner that might help the family you are supporting consider routine and structure throughout the day. But the main thing to remember is that planners and schedules don't always go to plan and that's ok. With the right balance routine can help to prevent chaos in our life, but be flexible enough to allow for the unexpected.

Time	Activity
Wake Up	
Breakfast	
Morning	
Mid Morning	
Late Morning	
Lunch	
Afternoon	
Mid Afternoon	
Late Afternoon	
Dinner	
Evening	
Bedtime	

You could add in:

- **What to eat throughout the day**
- **Activities to keep children occupied**
- **Routine for Bedtime**



Activities for families

Home-Start UK have created a list of practical ideas, activities and resources for the family you are supporting to do with their children if they're self-isolating or practicing social distancing. It is an unsettling time for families, and especially for children - even if they don't understand what is happening. Trying to give children a 'new normal' can be hard.

Here is a list of websites full of activities and ideas that may be useful.

Indoor activities

BBC Tiny Happy People

This page has activity ideas to try at home with children from pre-birth to age 4-5. They are divided up into age ranges. There are also videos and transcripts for nursery rhymes and songs – perhaps you can learn a new one with your children and FaceTime family and friends to show them what you've learnt. Click [here](#) to discover BBC's Tiny Happy People

The Literacy Trust

In response to school closures, The Literacy Trust have produced activities divided up into different age ranges to benefit children's writing, reading and language development.

Click [here](#) to find The Literacy's Trust's activities

The Imagination Tree's stay at home survival guide

A variety of different activities all requiring different levels of planning and resources. From writing to family and friends to designing a Lego contest, there is something here for everyone.

Browse [The Imagination Tree's](#) activities

BBC Bitesize

These resources are split into ages and then topics, and also nations, recognising our different curricula around the UK. There are educational online games too! This site is more about activities completed online, as opposed to things you can do together as a family, but it may be useful if a family is particularly concerned about schooling.

Discover [BBC Bitesize's](#) educational games



Chatter Pack

Chatter Pack is a resource list curated by an NHS children's therapist. There are significant numbers of links, in sections such as virtual tours, music, anxiety/mental health and loneliness, as well as more activity based 'online learning'. Visit the Chatter Pack resources [here](#)

NASA

NASA's video, sound and image library is now free to search, view and download <https://images.nasa.gov/> Great for tying in with space topics started at school.

YOGA

Cosmic Kids Yoga on YouTube have a large number of mostly short yoga activity videos. I personally have chosen the longer '5 Mindfulness Exercises for Kids' and am using it for myself and my family!

Visit [Cosmic Yoga Channel](#) on YouTube

Outdoor Activities

Remember that self-isolation doesn't mean that families need to stay inside. Families must stay quarantined if they are showing symptoms of coronavirus. Otherwise, at the time of writing they can still go outside and enjoy the fresh air with one walk a day with other members of the same household while still maintaining social distancing

Wildlife Watch

Here, you'll find a long list of activity sheets that are free to download. The activities vary in difficulty and not all of them require you to have a garden.

Download the [activity sheets](#)

The Woodland Trust's Tree ID

The Woodland Trust have produced some printable ID guides to help children learn about trees. Use them to identify leaves, twigs, blossom and fruits throughout the year.

Learn more about [trees throughout the seasons](#)

For more resources during this time please visit <https://www.home-start.org.uk/Listing/Category/support-for-families-during-covid-19>
For more support for volunteers contact dawnwilson917@yahoo.com

Guidance for Volunteers
Support from a distance