



We hope that you all continue to be well and are accessing the website successfully. Some feedback from parents and carers has identified that sometimes they are finding it difficult to motivate or balance home learning with changing moods and interests. We have attached some resources that may support your family in maintaining positive relationships with one another and also maintaining the positive learning behaviours the children have demonstrated in school.

If children are finding their coordination a challenge, whether it's in managing their resources or forming their letters why not try looking at the 'Brain Gym Summary' document with the links to useful videos to support developing motor control?

If you are finding it difficult to maintain children's attention or share information with them effectively, why not take a look at the 'Activities to develop listening and attention' document with ideas of activities that will help you to support the development of the all important skill of good listening?

If home reading is proving a challenge, why not look at the 'Home Learning Tips - supporting reading at home' document with ways to encourage reading and activities you could do to nurture their love of reading and develop their skills at the same time?

If children are struggling with the uncertainty of this time, take a look at 'Self Care Kit Covid-19' document with lots of ways to manage those anxieties and channel positive energies and thoughts. For older children, the document 'How not to go to school' is a story about not being at school and accepting this as the 'normal' for a while. It may help children contextualise and understand this period of time.

If children seem overwhelmed by their emotions or worries, have a look at the document 'Strategies for controlling your thoughts KS2'. This identifies practical ways to manage frustration and anxiety.

Some carers have reported that children are struggling to unwind and sleep well at the end of the day. If this is the case, have a look at the document '5 Progressive muscle relaxation information sheet.' This gives instructions to conduct a whole body relaxation activity to relax and bring about calm - ideal before bedtime.