



# HOME SCHOOL RESOURCES

5TH FEBRUARY 2021

## WELCOME TO THE 3RD EDITION

Welcome to our 3rd Edition of Home School Resources.

We hope that you are enjoying the ideas we are sharing with you.

At LHS we are celebrating [Herts Feeling Good Week](#) which is running from the 8th to the 12th February 2021.

This edition is focused on how we can support the mental well-being of our children during this time. We hope these provide some ideas to keep your children entertained over half term too!

Don't forget to check out our new page to our [website](#) with downloadable documents should you wish to use them.

Please share any experience you have using the additional resources we have shared!

We are here to support you in any way we can as your children are remote learning from home. Please email or call the school should you need any support.

Thank you

Mr Gray  
Headteacher

## LOCKDOWN REMINDERS

The safest place for you and your child(ren) is at home. The Government guidelines are clear and you can find all the information you need [here](#).

Please ensure you read this information and abide by the guidelines in place to protect everyone.



## JAR OF HOPE ACTIVITY

Your task:

To make a 'jar of hope' - a container for reminders of all the things you hope to do when the coronavirus isolation measures are lifted.

What you need:

- An empty jar
- Paper or card
- Coloured pens or paint
- Sticky tape to attach your label to the jar

Introduction

It can be frustrating when we're locked indoors for long periods. All those things we want to do, but can't!

This might help: every time you think of something you can't do at the moment, write it down and put it in the jar. Then you'll have a jar-full of things to look forward to!

When the COVID-19 crisis is over, you can take out one or more memos each day and really appreciate being able to do them.

Instructions:

It's pretty obvious really!

Decorate a label, attach it to your jar, leave a pen and a supply of paper or card nearby.... Sorted!

Prompts to get you started!

- What are you missing most during COVID-19 restrictions? Why?
- What things do you hope to do when the COVID-19 restrictions are lifted?
- Which things might you enjoy more than usual, after this experience?
- Is there anything you now hope to do that you would not have considered before the pandemic?
- What are your hopes for the other people after this crisis?
- What are your hopes for the world?



## COSMIC KIDS MEDITATION

Cosmic Kids is a great site focused on yoga and meditation for children of all ages.

They offer a wide range of 'calm' and 'focus' guided meditation videos you can watch through their [website](#) or via YouTube.

Meditation is one of the healthiest activities that a parent can do with their child. Meditation affects different parts of the brain and is the process of turning inward, calming the mind and practising presence.

Benefits?

- Learning core emotional regulation skills
- Reduces stress and anxiety.
- Opportunity to Unplug
- Changes the Brain
- Learn how to breath properly
- Creates classroom peace and calm
- Builds emotional and psychological resilience
- Increases focus
- Improves sleep
- Boosts physical and emotional health
- Improves academic performance

To find out more visit [Thrive Global](#).



## CALMING TIP!



Grasping the finger or palm of either hand with firm pressure, squeeze as you breathe in and release as you breathe out.  
Repeat 3-5 times.

## NATURE JOURNEY STICK

A daily walk does wonders for our health. Why not make it more fun!

When your out walking next, collect natural things on your way and make a '[journey stick](#)'



## STORY TIME

Listen to the stories below and talk about them afterwards with a grown up or sibling, or draw a picture about the story.

[A Huge Bag of Worries](#) by Virginia Ironside

[The Colour Monster](#) by Anna Llenas

We love [Charlie Mackesy](#), Charlie's work features in books, private collections and public spaces, including Highgate Cemetery in London, in hospitals, prisons, churches and university colleges around the UK, and in women's safe houses around the world.



## LOCKDOWN REFLECTION

Let's celebrate your achievements from the latest lockdown!

Make a list of all the achievements you are proud of, big or small. We have a [helpful sheet](#) you can use too.

## WAYS TO FEEL BETTER

We know how hard things are for everyone during lockdown. We know you are missing your family, your friends and your teachers.

We would like to share some fun ideas to put a smile back on your face. [Check it out!](#)

## HONOUR CAPTAIN SIR TOM MOORE

To celebrate the wonderful fundraising efforts of the late Captain Sir Tom Moore, can you do 100 of something?

- 100 laps of your garden or the park?
- 100 hops or skips?
- 100 minutes of dancing?

Why not do it over the half term and share your achievements with the us!



## HALF TERM ACTIVITY IDEAS

- Picnic - in the garden or in your local park (remember to keep a safe distance from others).
- Camp Out in the garden
- Paint Rocks for your local COVID snake or for your own home.
- Theme day - become pirates, superheroes, fairies or dinosaurs for the day.
- Hold a talent show
- Enjoy a pamper day - bubble baths ,face masks and cucumber eye slices.

Need more ideas? [Click here.](#)



## LOVE IS LOVE

We love sharing and showing our love to those in our family.

With valentines day on Sunday 14th February we have some wonderful ideas for you to celebrate your love with your family!

- Homemade valentines day cards
- Valentines treats - double the fun by making them with your child
- Share what you love most about each person in your family. I love you because....



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