

Plymouth Learning Partnership

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MAST Family Support Workers top tips for families.

Try to keep daily structure in place, by keeping morning and bedtimes routine as usual. Attached is a template/ planner to help you plan your day.

Use a mixture of fun and learning to plan your day.

Learning Activities

School packs to be used daily
Board games
100 item game - clear out 100 items no longer used
Reading
Sudoku
Wordsearch
E learning
Daily diary/journal/project - photos (your experience of isolation).
Cooking/baking
TT Rock Stars
BBC Bitesize

Movement & exercise

Dancing
Gardening
Keep fit exercises
Walking
Trampolining
Wi Fit
You Tube work outs for kids
Yoga on the internet

Art and Craft

Arts & crafts
Junk modelling
Drawing/ colouring
Salt dough/ play dough
Den making.
Child led play
Painting

Golden Time

Free play
Family time

Websites

Pinterest
Twinkl
BBC Bitesize
Primary resources
TT Rockstars

Health & Well being

Helping others
Draw around your hand. Each day write one way you have helped someone.
Limit access to electronics, screen time and social media, news exposure.
Social story.
Make the most of the time and enjoy your family.
Positive thought for the day.
Music
Relaxation/ meditation exercise
Help others in your community - if safe to do so.

