



FAMILY ACTIVITIES AND WELLBEING

The importance of positive, face-to-face interactions cannot be underestimated. Finding time to support each other and do things together will be invaluable for all the family.

Things that you might consider doing as a family...

- Read together and discuss what you are reading (can we collate a reading list for all subjects?)
- Don't underestimate the value of talking to your child about their academic work
- Exercise together! (refer to the @ChartersPE twitter account)
- Dance together! There are whole host of dance lessons being promoted on YouTube at the moment – maybe even plan your own Saturday Night Strictly show!
- Write quizzes together and do them as a family (your son/daughter will show you how to make a kahoot!)
- Support your child with a Special Interest Projects (S.I.Ps) – for example perhaps they might like to research their dream job and present back their research to the family? See our list of
- Play a board game together (chat as you do it - it isn't about the board game...)
- Cook together! Jamie Oliver has some great tips and recipes you could try including his TV programme.

It is vital that you follow all the guidance, which currently is asking us to isolate ourselves as much as we possibly can. We would urge you to support this guidance and stop your child from going out with their friends or having friends over – protecting each other, but also protecting the NHS.

However, as isolation 'fatigue' emerges it is important that we facilitate social time as it will help promote positive wellbeing and mental health. Help your child to organise time each day when they can hang out virtually with their friends - FaceTime, WhatsApp video calls, House Party, Zoom are all examples of how they can use technology to stay in touch with their friends. Please make time to help them set these up so that you can ensure they are safe online.