

We are all having to get used to life being very different at the moment, but we can approach this 'new normal' in a C*A*L*M way, to help everyone get used to it more quickly and to feel less worried generally.

C*A*L*M

C - Create new routines

Routines help us feel safe. We don't always notice them but we miss them when they are gone. Children particularly will feel safer with a routine, and will adapt to a new routine - we just need to put that routine in place. There are activities constantly being updated on the school website, as well as links to and ideas for fun activities. Keeping busy means we have less time to focus on our worries.

Tips:

- *Keep to a routine for mealtimes and bedtime.*
- *Use some kind of timer to ensure movement to a different activity, a different room, or into the garden if you have one (you could use an alarm clock, a phone, a kitchen buzzer, Alexa).*
- *Make sure there is lots of unstructured time too and allow children's imagination to flow. This is a great time to build dens indoors!*

A - Ask a grown up

Please allow your child to share their worries with you, or an older brother or sister. You may not have all the answers but knowing that someone is listening and cares is important to children. There are so many updates, which can be overwhelming and confusing, so stick to trusted places like Newsround if your child wants to keep abreast.

Tips:

- *If your child is worrying, it may help them to write down or draw those worries. They could make a 'worry box' to put those worries in one place and to put a lid on them.*
- *If worries are taking over, schedule a ten minute worry time in the routine to make sure they don't take up the whole day.*
- *Help your child to sort the worries into things you can do something about and things you can't do anything about. There are lots of things we can't control with regards to Coronavirus. But we can wash our hands regularly, we can cough into our elbow and we can keep a safe distance from people when we go outside (see the diagram at the bottom of the page).*
- *Try some of the calming techniques posted on the school website.*

L - Lovely activities

Although there are learning activities posted on the school website, this is also a good time to fill our time with things we love. Search cupboards for long-forgotten games, puzzles and books or find resources for craft activities. Think about watching favourite films. Looking through old photographs is a great way of remembering happy times.

Tips:

- *Write down all the lovely things you could do, cut them up and put them in a box. Pull one out at a time so each day feels like a surprise.*

- *Remind your child that doing kind things for other people in your household will make them feel good as well as the person they have done something nice for.*

M - Making the most of it

We are all missing out on things because of Coronavirus, and children will feel this keenly. They will have lots of emotions bubbling away: sadness, anger, fear - and these are understandable. Doing something active will help with these strong feelings; if you don't have an outside space for your child to run or jump about in, there are lots of exercise programmes online to follow (look for links on our school website). Put a different spin on our current situation: this is a great time to do things we often don't have time for!

Tips:

- *This is an important time in history and it will become a date everyone learns about for generations to come! Get your child to find a way to record and remember what they did to get through Coronavirus 2020; perhaps they can start a journal or vlog?*
- *Encourage your child to engage in ideas which are special to this time and spreading: rainbows for windows, clap for the NHS, for example.*

