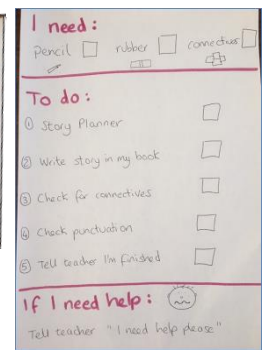


**Routine, routine, routine....** When children and young people are unable to access the usual routine of school, it is important that adults support them in establishing a simple routine within the home environment – with a variety of activities.



Child/ young person would benefit from understanding what they are doing across the whole day/ week – a written timetable/ diary could help with this.



Hand written planners can provide structure for tasks: break tasks down into smaller points – whether this be school based work or home activities e.g. painting/ washing up.

**Breaks, breaks, breaks...** while adding routine into the day with a variety of activities (as possible). Ensure children/ young people are provided with **regular physical** and **sensory breaks** to

Movement breaks every 10-15 minutes: start jumps, jumping jacks, walking to the bathroom, walks up and down the stairs/ corridor.



Simple timers to be used to provide clear start and end points and support breaks from screen time – set screen time as part of routine/ daily timetable.



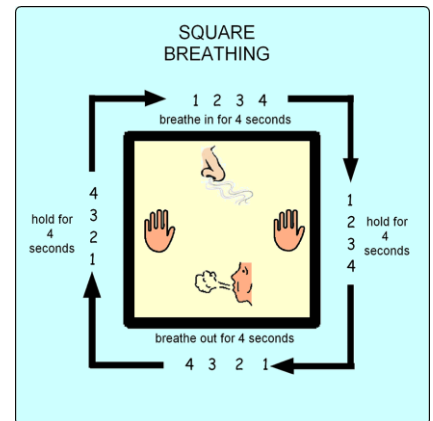
**Managing Emotions...** your child may express a range of different emotions, in a range of different ways during their time at home and away from school. Try to remember these things...

**Acknowledge all emotions**

and label how they are feeling - emotions are difficult concept for all children and young people to understand.



**Square Breathing:** An exercise that helps to regulate the breath and heart rate, reduce feelings of tension, confusion and panic



**Regulators:** Provide support strategies when a child/ young person is displaying a certain emotion. For example, 'If you're feeling anxious you can.....have a hot drink/ do some exercise, listen to music etc.

<p>I feel angry</p>	I can...	
	<p>Go for a walk</p>	<p>Talk</p>
<p>I feel sad</p>	<p>Go to reading corner</p>	<p>Take 5 deep breaths</p>
	I can...	
<p>get my straw</p>	<p>squeeze</p>	
<p>choose an activity</p>	<p>Go for a walk</p>	

**Useful Links:**

- <https://makesociallearningstick.com/keep-calm-and-structure-on-how-to-manage-emotions-and-build-structure-at-home-during-covid-19/>
- [twinklhq.twinkl.co.uk/offer](https://www.twinkl.co.uk/offer) - using the code **CVDTWINKLHELPS** for free resources and support.