

Guidance to create a positive learning environment at home

Be realistic about what you can do. You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use the tips below to help you make this work for your household.

- **Share the load if there are 2 parents at home.** Split the day into 2-3 hour slots and take turns so you can do your own work.
- **Take care of your own health and wellbeing.** Take a look at the following links at for some advice on mental health and wellbeing.

› [Coronavirus and your wellbeing](#) – Mind.org

› [Supporting young people's mental health during this period](#) – Anna Freud Centre

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day.
- **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.
- **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible.
- If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together – see what works for your household.
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over.
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day.
- **Distinguish between weekdays and weekends**, to separate school life and home life.
- **Make time for exercise and breaks throughout the day. Possibly start each morning with a [PE lesson](#)** at 9am with Joe Wicks.
- If you have a **garden, use it regularly.** If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others).