Children's Wellbeing during Quarantine

Providing routine and predictability for children can help them feel more secure and settled. Each family will find a path that suits them, but here are some ideas to try.

Create a family timetable. Decide on a 'start time' for your day. Encourage children to have breakfast and be dressed ready for the day by an agreed time. Have a regular break/lunch time as well. Keep any schedule realistic and not too formal. The idea is to create a routine, not have unrealistic or unachievable aims.

Establish a transitional activity before doing any specific learning activities. For example, if you have garden space, encourage a run around and playtime outside before starting any structured activities.

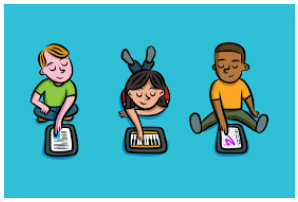
Look up inspirational quotes or affirmations and have one for each day. For example;

Try and differentiate between weekdays and weekends. With suspension of out of school clubs/activities, you may need to create a new routine for weekends too, but try and have a different structure to the day.

Create a 'Boredom Buster Jar'. As a family, create a list of simple things to do when boredom strikes. Write each idea on a slip of paper, fold and place in a jar. When you child is bored, direct them to the jar of ideas.

Find positives – create a family noticeboard/diary/newsletter and each day try and find a positive to record. It can be as simple as 'we enjoyed making up a new game'.

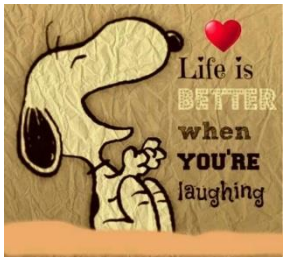
Have you thought about limiting screen time in you routine? How much time? When?



Involve children in household activities and encourage them to feel like they are contributing. Give each child a specific job to do which they can tick off a chart when completed.

Build in physical activity where possible. There are some nice on-line resources;
Cosmic Kids Yoga has some fun videos, incorporating familiar characters (e.g. Minecraft and Frozen). Youtube has a range of kids dance videos, but we advise close supervision in selecting these.

Challenge your child to create an obstacle course! Have a go at skipping!

Try and plan some simple things to look forward to. For example, 'tomorrow we are going to make flapjack/build a Lego robot/snuggle on the sofa and watch a film together'.

Despite the challenges of being in a quarantine situation,
try and have fun and find opportunities to laugh where possible!