

Safety Net staff tips for keeping children and adults occupied while at home

Many of our staff are also at home with children during this period of enforced staying at home. Like you they are trying to find ways to keep children and themselves occupied and feeling ok as we all adjust to the new normal, which let's be honest feels anything but normal..

Here are there top tips so far.....

Books and Stories

- ✓ Amazon today cancelled the subscription of books and audio stories for children and students of all ages as long as schools are closed. Children everywhere can instantly stream an incredible collection of stories including titles across six different languages.

All stories are free to stream to your desktop, laptop, phone or tablet using the following link

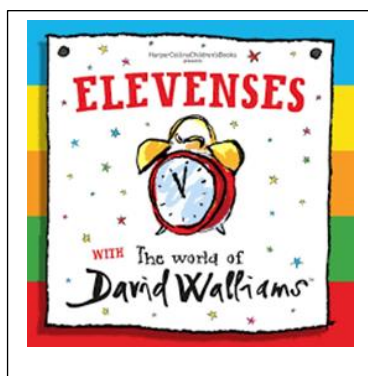
<https://stories.audible.com/start-listen>



- ✓ There are a number of stories on youtube for children told by celebrities, including one of our favourites Arnie the Doughnut read by Chris O'Dowd

<https://www.youtube.com/channel/UCnBdzaRy-Ky9Vh54XJIFz1Q>

- ✓ Elevenes with The World of David Walliams is releasing a free audio story every day <https://bit.ly/AudioElevenes>



Loads of other celebrities are also doing their bit by offering a range of online resources from Myleene Klass doing music lessons to Carol Vorderman's free online maths classes

<https://www.thesun.co.uk/fabulous/11238325/celebrity-homeschooling-lessons-kids-coronavirus-lockdown-joe-wicks-myleene-klass/>

Keeping Active

- ✓ Our staff have been enjoying a morning PE lesson with Joe Wicks, but so far many have been exercising on their own! But persist, your children may eventually join in too!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

There are loads of other workouts too for children and for adults to keep you fit and moving while at home.

- ✓ BBC iplayer has Andy's wild workouts – could be annoying say our parents but young children will probably love it!

<https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts>

- ✓ One of our team has a friend who has created a 15 minute back care Pilates video that she is happy to share

<https://www.youtube.com/watch?v=7DsnG1fOpg>

Entertainment

- ✓ Virgin media are providing extra children's channels free of charge for those who have a subscription.
- ✓ We love this home made treasure hunt – you could adapt the idea for an indoor or view from windows treasure hunt.



And don't forget some of the just ordinary stuff that you and your children can get involved in. Tidying up that bedroom or cupboard. Doing some digging or planting in the garden if you are lucky enough to have one. Creating a picture gallery of all the drawings your children do at home to create your own wall of art. Try to mix things up a bit by spending an hour say doing one activity then switching to something else, this is particularly important for keeping little ones occupied. And don't forget to build in a bit of time for yourself.