

## Well-being Task One (Activity for parent and child to complete together)

In school, children and adults often thrive in having a routine to follow. This can be more challenging when working at home. Teachers often create star charts to help keep the teacher and pupil relationship positive whilst establishing a routine. Your child can receive stars for completing set tasks, which have been agreed at the start of the week or day. Once a child has achieved the desired numbers of stars for the session or day, they can then earn an intrinsic reward or perhaps free time to do something the child wishes to do. This can be a great motivator for the children and helps them segment their day into shorter chunks which children often find more manageable.

Below is an example of a star chart.

Day	★ My stars ★					
	Morning 1	Break	Morning 2	Lunch time	Afternoon	After school
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						

### Activity:

Get a blank A4 piece of paper or use the blank exercise book sent home to create a Star Chart for the day or week. Your child can then earn stars, ticks or stickers after completing each activity. Once you've done this, you can map out which subjects or learning you are going to complete each day. Try to put a time limit on the learning tasks. Lastly, agree a goal and a short reward for completing it. Remember keep the rewards short, manageable and ideally ones that don't cost any money.

## Task Two: Having Goals

Having goals to work towards and look forward to is an important part of happiness. Goals are the stepping-stones that will take you from where you are now to where you want to be, and will help you turn your dreams into a reality.

### Activity:

On a big piece of paper or in your blank exercise book, create a poster which shows a huge mountain. On top of that mountain write a goal that you are working towards. It could be a personal goal or a goal linked to your home learning through the virtual school. It could be as simple as learning your 5 times tables or as aspirational as learning a new language!



Then draw a pathway up the mountain using a pen or felt tip. At different stages of this pathway, put the words “obstacle.” An obstacle is something that might get in your way and stop you achieving your goals.

Now think what these obstacles might be and how you might overcome them. E.g. My goal is to learn a new language. An obstacle could be that I don't know anyone who speaks that language in order to teach me. A way round this could be using a free online tool like BBC Bitesize or Youtube (with supervision) to learn online.

Remember if you are prepared for obstacles they are easier to overcome!

