

# Wellbeing

It is easy to feel daunted in the current climate, so it is important that parents, carers and children alike are given time to process the changes and transitions that are taking place, in order to feel calm and secure as we face a new reality for the time being. Learning from home is going to be a huge change for us all, so the most important thing in this first week is to **pause**. Take time for **conversation**, settle into a loose and flexible home **rhythm** and allow lots of space for **play**. Here are a few ideas to support in creating a positive and enriching early learning environment.

## Rhythms

This is not about a firm “routine”, but more a general pace and structure of the day which may help children feel secure in knowing what is coming next. It may be something as small as lighting a candle for meal times or singing a particular song at the beginning and end of the day (as we do at school!). It may include having a rough plan of when in the day you will access particular areas of the curriculum and when there will be time for singing, reading and following your child’s interests. This will look different in each household and is very personal to you and your child.

## Nature

Your child will be very familiar with Forest School which is led by Ms Jamois. This is such a wonderful way of bringing calm reflection into a child’s learning. Try a walk in the park or a little wander around your garden, spending some time spotting signs of spring together, collecting some daffodils if possible and simply breathing in some fresh air.

## Play

Although this change is unexpected, it could be a unique opportunity to learn some new skills which we may not have had time to do before! Gardening and cooking nourish our wellbeing, so this is a perfect time to engage in this with your child. In the coming weeks, we can give you some easy recipes for you to try! It is also important to allow your child to engage in unstructured play with open-ended resources which they use in their own unique way.

## Online circle time to explore feelings

If you are on Instagram, there will be a free daily “circle time” class at 4pm all of this week, run by “Little Oak Learning” – click [here](#).

## Rainbows!

You may have seen that some children have started to display their rainbow art in their windows as a sign of hope for passersby to admire. Perhaps this is something your child would enjoy too – if so, we would love to see photos of these (you can email them to [reception.charlesdickens@gmail.com](mailto:reception.charlesdickens@gmail.com) ).

Have a lovely week together, creating your special family rhythms and comforts!