

Some parents have asked me about how they can continue with Wellbeing activities over the long Summer break, so here are a few ideas I have put together that you may wish to try.

These tips are based on the NHS 5 Steps to Mental Wellbeing. My advice would be to encourage children to learn new skills, things to do, not just to know. There are so many things we can do at home that are fun and good for us, just take it one day at a time.

1. Connect with others

You can make the most of the Internet and phone and keep in touch with each other via Zoom or FaceTime. And don't forget the joy of sending and receiving a handwritten letter.

Write a list of the people to make contact with every day/every few days.

- Ask them how they are
- Share what you have been learning
- Write them letters, or a poem
- Draw them pictures
- Send them photos

Play board games



Now's the perfect time to learn a new board game or to get better at one you already play, like chess. You can do this at home or there are apps and online games that you can play with friends and family.

[Click this link to shop games that are perfect for keeping children busy and helping them to learn.](#)

Travel the World

Armchair travel is perfect for this summer - so as we find ourselves unable to travel more widely children could find out about people in other countries without leaving their locality potentially.

Help them to choose a new country to visit, virtually, every day. Learn the things that are special about the new places you go to....

- What animals live there?
- What is special about the place and its people?
- What do they eat?
- Which continent is it?
- Identify its location on a map
- What is its climate like?
- Look at and draw the flag
- What other interesting facts did you learn?

Look in an atlas, online, or start with [these clips](#) from Where in the World? On CBeebies.

[My World Kitchen](#) teaches children about food from different parts of the world.

[You can also visit different museums around the world online.](#)

2. Keep moving



Being active isn't just for physical health and fitness, it's great for your mental health, too.

Try these **indoor active games** to get everyone's step count up.

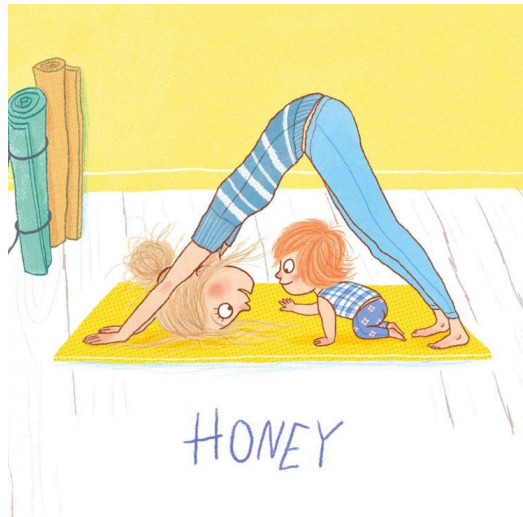
Or, this **workout for you** gets children involved, too!

And, of course, it is possible to venture outdoors on a rainy day (this is Britain)... Just put on wellies and tell everyone it's fun to get wet (you'll one hundred per cent deserve that hot chocolate when you get home).

Yoga

The most calm of workouts is perfect for keeping even smaller children entertained. Try searching for Cosmic Yoga on YouTube (they even have a **Frozen yoga routine!**)

Why not learn a new yoga pose each day or master a more challenging pose depending on your yoga skills? Start with this simple yoga pose.



Picture from Yoga Babies by Fearne Cotton

Dance

Did you learn to Floss? That craze may have passed, but try using this summer to learn a new dance - here's a [YouTube roundup of tutorials](#).

You can use these [infographics for different age groups](#) to see if you are all doing enough.

3. Try Mindfulness

Try explaining mindfulness to children like this. Say it's like looking out of the window in the morning to see what the weather's doing, and to help you know what you need that day. If it's raining outside, you know you need an umbrella. If you're feeling stormy inside, you can ask yourself what you need - maybe that's to be on your own for a bit or to ask for a hug or to do some exercise. Ask your children to show you what they have been learning at school, for example some deep breathing techniques.

If you all need some quiet time, try these calming activities.

You can also reset and be in the moment by observing nature. Even in a busy area, you can enjoy listening to the singing of blackbirds and starlings, see magnolia trees in full bloom and even bumblebees. So, look up or out of the window and take notice of all the beautiful and wonderful things everywhere, inside and out.

Trees

Learn about **British trees** - learn about a new one every day.

Spot a tree you like and identify it using **this Woodland Trust tree identification guide**.

Or click this link for a great **resource for Nature Detectives!**

Birds

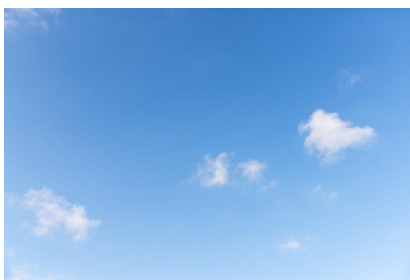
You could use the summer to become a massive bird-nerd. *Get to know the ones where you live.*

It's easy to make a bird feeder to hang outside your window. Then, watch, listen & identify!

The Sky

Take some time each day to watch the sky in the day and at night.

The Clouds



When you look at the sky in the day, watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.

The Moon

Learn about the moon and its **different phases**. Make some time to have a look for it each night. Maybe draw a picture of what you see.

The Stars

See if you can spot stars you recognise and give them names. Older children can try to spot different constellations with this **guide to the night sky**.

4. Keep learning

Children can still learn the topics they would have been covering in the classroom. And they can try new skills to help them in everyday life, too.

Maths and Phonics



These specially-created **Numberblocks Maths** and **Alphablocks Phonics** programmes support the way children learn at school. Each pack contains 6 weeks of activities that will help you teach your child maths or phonics. They guide you through each topic in a fun and educational way!

Cooking

Cooking is something you can share - don't forget it uses maths, communication and science skills. Click this link for **healthy meals and snacks you can create together**. You can check you're all eating healthily with the **Eatwell Guide**.

Growing

Like cooking, getting into the garden is a great way to chill out. Summer is a wonderful time to start a vegetable or herb patch, and there are seeds you can grow indoors at any time of year, like cress. Watch them grow, check on them every day. Write notes or take a picture to keep track of how things are doing.



Planting cress seeds is an easy way to start growing your own.

Science

Turn your kitchen into a lab to see science in action with these **easiest ever science experiments**.

Learn another language

Find a website or app to help you learn your (new) language. Little children can sing along with **The Lingo Show** on CBeebies and learn some French words.

Reading

Read, read, read! Or listen to a story. Or learn a poem by heart every day....

And try some fun activities based on your favourite books. We've got fun ideas for **Oi Cat!** and **Roald Dahl** fans.

5. Be Kind

We can still give people our time without being physically close to them. Check on people and make sure they're fine. We can also give people gifts like homemade cards or meals, a picture, poem or simple act of kindness.

Have a fantastic summer!