

The Family Wellbeing Crib Sheet

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MOVEMENT TIME

Lead by example and be aware that most kids are more active and need to be more active than us. No you won't turn into a yoga master overnight but try to keep active.

Indoors: Free online activity and mindfulness boosts
<https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/>
<https://www.youtube.com/user/CosmicKidsYoga>
other ideas <https://flintobox.com/blog/child-development/exercise-games-kids>

Time outside in nature - being present and aware of our surroundings in nature is healing and free. Try this

<https://www.nationaltrust.org.uk/lists/a-beginners-guide-to-forest-bathing>
the National Trust are offering their lovely spaces for free
<https://www.nationaltrust.org.uk/>

QUIET TIME

Art, music, sleep, checking in with some mindfulness.. drawing, reading... Mindfulness: Headspace have a free section called Weathering the Storm <https://www.headspace.com>

Try some of the suggestions and recordings on
<https://www.facebook.com/relaxkidssouthoxfordshire/>

Gratitude can change our brain .

<https://www.naturalbeachliving.com/gratitude-scavenger-hunt/>
_The Three Good Things Happiness Journal App (free!) created by a teenager - suitable for ages 7+

Journaling / keeping a mood diary or mood chart can help track our emotions. Good for kids and adults.

https://www.freeprintablebehaviorcharts.com/feeling_charts.htm

Podcasts There are heaps of lovely podcasts for parents and kids alike Big Life Journal, Peace Out excellent for positive peace and bedtimes. [Brains on for science.](#)

_Free audiobooks <https://www.storynory.com/>

PLAYTIME

Children and adults need to play - use our imaginations, dream. This is harder for adults than it is for children, so let them do lots of it - it's free. We mean free play, eg role playing. You can try it too. When we connect with our children, they feel it too, we feel it and then when we ask them to do something for us, they're more likely to do it too. more here <https://www.theparentingjunkie.com/wp-content/uploads/2020/03/PlayPandemic-Newer.pdf>

Learn family games, you might already have some in the cupboard . Naughts and crosses, squares, consequences - all these don't need bought sets. Or try some of...

www.mykidstime.com/things-to-do/50-fun-rainy-day-activities-for-kids/

FOCUS TIME

School links / learning- kids might need some help with these ... Pick a topic from any learning zones suggestions that school has given you. Don't make it into a fight -find the best time for this for your child and you- for some it will be the morning, for others it might be later on or in intervals. You can work it out together. Together ideas: research your family trees or a topic that interests you, learn a new language. or new skill Let your child teach you something they know. Make STEM experiments, learn something new every day and discuss during family time (adults and kids alike) or Online <https://www.bbc.co.uk/bitesize>

<https://classroommagazines.scholastic.com/support/learnathome.html>

<http://www.amazingeducationalresources.com/>

FAMILY TIME

These are just guidelines... we all need time to connect with family especially now. It is unlikely that we will go from a structured work/school environment to fully home schooling our children in a flash and it will take all of us some time to adapt. So give yourselves lots of slack but do plan in some family time daily / weekly. This can be outside for the added benefits. Older relatives can be "toured" on your phones ...

A special Calm pack at <https://www.relaxkids.com/calm-pack>
<https://www.storymassage.co.uk/> to soothe calm and bond

The book "Have you filled a Bucket Today" is available online too (see link on screen time section) but they are also offering activities for families online at <https://bucketfillers101.com/ntype/bucket-lessons/>

MESSY TIME

Sensory play is very healing as the deep pressure from eg cooking, playdough can really calm the nervous system. Other: Try making a den, lego, decorate your home ...www.theimaginationtree.com have lots of ideas for all or <https://biglifejournal-uk.co.uk/pages/freebies> free printables every day related to resilience building and growth mindset

SCREEN TIME

<https://www.bbc.co.uk/cbeebies/joinin/help-your-child-to-chill-out>

Movies: Inside Out about our emotions

Bucket fillers: <https://www.youtube.com/channel/UC7ucXibBFVG97Omy217Aow>

<https://people.com/travel/>

<https://www.bbc.com/news/health-56181111>
stuck-at-home-you-can-visit-these-world-famous-sites-from-your-couch-for-free/