



Sandwell Educational Psychology Team's Top Tips for Teaching at Home

1. Stick to a daily routine

- Wake up at a similar time each day
- Make your bed and change out of your pyjamas
- Eat at regular times in the day
- We have provided a daily timetable to use as a guide.



2. Make sure clear boundaries are set between 'work time' vs 'being at home'

- Have a designated working space (if possible use a table and chair that is good for your posture)

3. Stay hydrated and don't snack throughout the day

- During the school day children usually snack during morning break



4. Start a rules and reward chart

- At the start of the home schooling period sit down together and set ground rules
- Try to decide together what the rewards might be

5. Incorporate non-screen activities

- Set guidelines around when your child can access technology
- Examples can be found in the attached timetable



6. Remember children are used to being around lots of people throughout the day it's important to make sure you talk and share conversation together

- Allow children to contact family and friends at scheduled times of the day

7. Encourage independent and creative learning

- Give children tasks they can do independently if you have things you need to get done
- Have creative or quiet times planned throughout the day
- For example, allow your child to act out what they have learnt recently at school



8. Children may have lots of questions about the current situation, try to reassure them that things will be ok.

- Use the story attached to help explain the situation to your children
- Maintaining structure and doing the above should help with this

9. Look after your well-being

- Try to get some fresh air
- Make time to play
- Keep active



10. Start every day like it's a new day!



Daily Timetable

Please note the following is a guide only.
 Complete the 'Time' column as appropriate.

Time	Activity	Examples
AM	Morning:	
	Wake up routine 	Make bed, get changed, eat breakfast, wash face and brush teeth.
	Movement break 	Breaks could include: morning stretches, going outside, running up and down the stairs whilst being timed, star jumps, dancing to music etc.
	Discuss what will happen during the day 	Do this in your designated working space. Talk about the schedule, what work will be done throughout the day and what the child will learn. You could set a daily challenge of learning a new word or fact.
	School work e.g. Literacy 	What has been directed by the school or what is age appropriate (there are plenty of online resources which could be used).
	Snack and movement break 	Try to encourage your child to have a healthy snack. Breaks could include: going outside, running up and down the stairs whilst being timed, star jumps, dancing to music etc.
	School work e.g. Maths 	What has been directed by the school or what is age appropriate (there are plenty of online resources which could be used).



Time	Activity	Examples
PM	Afternoon:	
	Lunch break and clean up 	Try and encourage children to start to make their own lunches. Be sure to make it safe and hygienic.
	Creative time and quiet time 	This could include: independent or shared reading, drawing and colouring, arts and crafts, making videos, gardening, cooking, writing letters to family members or neighbours, creating and playing board games, building a den, putting on a show, learning the words to a favourite song, make a poem
	Movement break 	Breaks could include: going outside, running up and down the stairs whilst being timed, star jumps, dancing to music etc.
	Creative time and quiet time 	Continue with task started after the lunch break or if completed pick a new one.
	Tidy up time 	Make sure everything used is packed away ready to start again tomorrow. Any spare time can be used to help with the household chores.
	End on a positive note 	Everyone to name one thing they enjoyed the most throughout the day and one thing they have learnt. Gratitude activities can be a great way to do this and can be very creative e.g. making a gratitude tree or jar. Many ideas for gratitude activities can be found on the internet and have many benefits for well-being.