

# How to support (and survive) home learning

Follow this guidance to create a positive learning environment at home

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## Be realistic about what you can do

**You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household. Children are incredibly resourceful and have wonderful imaginations – give them opportunities to occupy themselves!

**Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too

**Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work

**Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing

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## Keep to a timetable wherever possible

**Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

**Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership

**Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible

If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household

**Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over

**Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day

**Distinguish between weekdays, weekends and holidays**, to separate school life and home life

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## Make time for exercise and breaks throughout the day

**Start each morning with a [PE lesson](#)** at 9am with Joe Wicks

If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)

Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

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## Other activities to keep children engaged throughout the day

The activities you plan do not have to all be 'school' activities. You can plan to do all the things that you wish you had time to do normally.

Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going

Get your children to **write postcards** to their grandparents or to pen pals

Ask **grandparents to listen to your children read** on [FaceTime](#) (or ask grandparents to read to younger children)

**Give them chores** to do so they feel more responsible about the daily routine at home

Ask them to **help you cook** and bake

Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

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## A home-learning timetable- just a suggestion

Below is an example timetable but by no means do you have to follow this. Create one that works for you, your family and your current situation.

Suggested Timetable	
9-9.45	Maths Activities
9.45 – 10	Break
10-10.45	Literacy Activities
10.45 – 11	Break
11-12	1 to 2 Activities
12 – 12.45	Lunch (get them involved in making this and cleaning up if possible)
12.45 – 1	Dedicated reading time (although do this at other times too)
1-2	1 to 2 activities
2-3	Physical Activity

It would be helpful to try and decide the day before which activities you are going to do the following day. There is information on the remote learning pages on the website that will help you.

[Five Minute Mum](#) has a timetable including lots of activities for younger children

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### See guidance on supporting your mental health and that of your children:

- [Coronavirus and your wellbeing](#) – Mind.org
- [Supporting young people's mental health during this period](#) – Anna Freud Centre