MAST Family Support Workers top tips for families.



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Try to keep daily structure in place, by

keeping morning and bedtimes routine as usual

**Movement & exercise**

Dancing

Gardening

Keep fit exercises

Walking

Trampolining

Wi Fit

You Tube work outs for kids

Yoga on the internet

Attached is a template/ planner to help you plan

your day.

Use a mixture of fun and learning to plan your day.

**Learning Activities**

School packs to be used daily

Board games

100 item game - clear out 100 items no longer used

Reading

Soduko

Wordsearch

E learning

Daily diary/journal/project - photos (your experience of isolation).

Cooking/baking

TT Rock Stars

BBC Bitesize

Quick games eg rock/paper scissors, Hangman, Noughts & Crosses,

Snap, squares

**Websites**

Pinterest

Twinkle

BBC Bitesize

Primary resources

TT Rockstars

**Golden Time**

Free play

Family time

**Health & Well being**

Helping others

Draw around your hand. Each day write one way you have helped someone.

Limit access to electronics, screen time and social media, news exposure.

Social story.

Make the most of the time and enjoy your family.

Positive thought for the day.

Music

Relaxation/ meditation exercise

Help others in your community - if safe todo so.

**Art and Craft**

Arts & crafts

Junk modelling

Drawing/ colouring

Salt dough/ play dough

Den making.

Child led play

Painting