

How to Stay Sane in Isolation

Staying at home with your child during this isolation period will likely come with some unique challenges. For many, it's a case of juggling teaching, parenting and working from home all at once.

This poster looks at some actions you can take to ensure you keep on top of everything, from the kids' schoolwork to your own mental health.

Stay active

Staying active boosts endorphins, the hormones in our brain that makes us feel good. Getting out on a family walk (whilst observing social distancing advice), playing sports together in the garden, or putting on a yoga dvd are also great ways to let off steam.



Tip

Make the most of the recommended one exercise outing per day. Take an hour out for a family walk, cycle or run - make it count.

Maintain a routine

Having a routine will help to structure your child's day and allow you to allocate time for learning. It will also help combat anxiety, something that is likely affecting everyone at the moment.



Tip

Take a register or go for a walk before starting the day to simulate the journey to school. Sticking with the regular morning routine will maintain some normality.

Learn together

Learning isn't all about oxbow lakes and long division. You can find it everywhere. Find a good documentary on Netflix, set up a board game or cook together. Learning outside of the classroom will take many forms, embrace and enjoy them!



Tip

Make sure your children see the adults of the house taking the time to learn. This gives them positive role models and encourages learning as a 'grown-up' thing to do.

Don't try to replace school

Aim for a couple of hours learning time per day - that's all! Some days you'll manage four hours, some days you might struggle to get them to sit still for one. Being at home is distracting for everyone so cut yourself some slack!



Tip

Really make the effort in week one. This will make it easier as time goes on and home learning becomes part of your children's daily habits.