

Self-care activities to support family health and wellbeing during school closures



PRACTICAL

- Clean or tidy up
- Declutter old toys and games
- Create a house 'chore list'
- Make a grocery list (try to think of essentials)
- Learn about money
- Create a home-school timetable



SOCIAL

- Follow social distancing (2 metres) on your daily walk
- Call / FaceTime / Zoom relatives and friends – they might be nearby or far away.
- Play a board game – learn a new one or invent one!
- Have a family dinner – device-free! How about learning a new recipe from around the world?
- Do something kind for someone else, perhaps draw a picture for a neighbour who lives alone?
- Look after your pet (if you have one)
- Go on a virtual (online) family tour of museums and galleries around the world – which famous paintings can you see? For example:

https://blog.britishmuseum.org/how-to-explore-the-british-museum-from-home/?gclid=EAIaIQobChMIItOPe5aKS6QIVwbHtCh0WigquEAAYASAAEgJe0fD_BwE