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



Here are some carefully chosen activities which we think you might enjoy. Many of the activities offer an opportunity to explore something special about you, your family, your language and culture and to learn about other languages and cultures too.



#### EMOTIONAL

- Write a poem about a happy memory
- Watch a good movie try watching a film in another language, with subtitles in your language! (remember to check the certification)
- Talk about your feelings, in any language
- Say 'I love you' how many languages can you say 'I love you' in? Can you say it in British Sign Language?
- Draw a self-portrait what does your portrait say about how you're feeling today?
- Write each other positive notes can you write your note in another language? e.g. Scots, Spanish, Arabic, Japanese!
- Have a sing-a-long sing some old favourites and learn some new ones, perhaps from family members or find new songs online
- Tell jokes (make up some new ones!) and remember funny things that have happened!



### PHYSICAL

- Have a dance party try out dances from around the world!
- Go for a walk (one per day!)
- Or a family bike ride (again, one per day!)
- Play football or another sport in the garden
- Skipping! Learn some new skipping games and skipping songs too! Here's a traditional Scottish one: 'Granny in the kitchen, doin' some stitchin', in comes the bogeyman and chases Granny oot! Do you know one in another language?
- Kids yoga
- Wii fit / Xbox Kinect / just dance <u>https://www.youtube.com/channel/UChIjW4BWKLqpojTrS\_tX0mg</u>
- Have regular movement breaks: jumping, chair-sits, desk push-ups be creative!

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### SPIRITUAL / MINDFULNESS

- Write a gratitude list what are you grateful for today?
- Spend time in nature use all your senses to notice what's around you, the colours, shapes, the air on your skin, the ground under your shoes, the sounds you can hear, the smell of blossom or dampness after the rain
- Practice mindfulness or meditation try 'headspace' online (<u>www.headspace.com</u>)
- Pray
- Watch birds (from your window!)
- Listen to music, or read something, from your faith tradition
- Grow / care for plants in your home



## PLAY / CREATIVITY

- Find shapes in the clouds
- Read together: enjoy some favourite stories or books and read some new ones
- Dress up as a character in a film or story
- Try a new craft are there traditional crafts from another country you'd like to try? Can someone in your family teach you?
- Story-telling: write, draw or act out a story
- Make a mindfulness jar <a href="https://www.youtube.com/watch?v=nmFFSHVxbyc">https://www.youtube.com/watch?v=nmFFSHVxbyc</a>
- Make a 'Vision Board' <a href="https://www.youtube.com/watch?v=9kDS24W8VRE">https://www.youtube.com/watch?v=9kDS24W8VRE</a>
- Create a mandala https://www.youtube.com/watch?v=U49TaN-MkM8
- Do some calming colouring in!

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### 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
- 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=EAIaIQobChMItOPe5aKS6QIVwbHtCh0WigquEAAYASAAEgJe0fD\_BwE