**Quarantine Routine**

Please find below a list of ideas and activities that you can try for the next while at home as school stays closed. In Home Economics we always focus on routine and regular practise of skills, now is the time to demonstrate what you have been learning…

 Note to parents: ***encourage*** your child, ***talk*** to your child about these tasks and activities, better still ***work alongside with your child*** to develop these life skills, but most of all have ***fun***!

* Help others at home-you can make a cup of tea for your parent/carer; keep your bedroom tidy; wash the dishes after dinner: empty the bins regularly; play with and entertain your brothers and sisters.
* Get to know your family better-communication is important! Make a point of starting a conversation with someone in your house every day, it can be about anything-favourite hobby, TV programme, sport, animal, food…Use this to get to know the people you live with better.
* Deep clean and de-clutter-you are old enough to make your own bed and keep your bedroom tidy! Put laundry away; open the curtains and window every day; put litter in the bin. Help a parent to tidy cupboards, hoover carpets and dust furniture. Work as a team to get jobs done!!
* Help with the cooking- you have lots of skills here!! Serve breakfast one morning to your family, make everyone sandwiches for lunch, create smoothies from the fruit in your fridge; help an adult prepare dinner…there are so many times every day to do this!
* Healthy body/healthy mind- every day get some fresh air! Do some outdoor sport or activity. It is good for your health and your mind, encourage your family to do this too!
* Finally-find opportunities every day to have fun, laugh, make memories and spend time with your family. Take plenty of photos, keep a diary of what you do.

Stay safe and take care

***Mrs Strain***