



# learning at home

## teenagers

### A guide for parents and carers

This is a guide to support parents, carers and teenagers in learning at home.

### Talk & Share

Use this time to share and learn together, perhaps a new language or skill. Ask your teenager what they might like to do and make a list.

Keep in touch with school and make sure you know what they have put in place and how to access this.

- Write a short story
- Make a YouTube film
- Research a career
- Read a book and watch the film
- Cook and Bake
- Get crafty
- Create a scrapbook

Do give your teenager time and space to do their own thing...but do check in and be attentive to their needs.

Take time to support your teenager with some **extra life skills**...support them to cook a family meal, create a quiz for family to share online, budget and menu plan for the week.

### CHANGING HABITS

We are all creatures of social habits. We like to spend time with people and mix with friends and family.

Making any change can be a challenge and difficult in a variety of ways, depending on what our habits are.

### Top Tips

- Keep to some form of routine during the week and keep a healthy bedtime and sleep pattern
- Make sure you plan in time to socialise safely online or through apps and virtual meetings
- Have some form of weekday study plan where you access work from school and other learning that interests you online
- Plan in fun activities or hobbies which you are interested in
- Take time to learn some life skills – look up some recipes and cook or bake
  - Listen to music and watch some tv or films to relax
  - Do ensure you have some daily physical activity

This is a guide to help and support, if for any reason your child has to stay at home for a period of time.

This is only a guide and not a manual. You should always consider your child's needs and any medical or health conditions they have before you do any activity or make any plans. This is intended for parents/carers to use.

Please consider any other current Government public health advice also.



[www.hants.gov.uk/educationandlearning/virtual-school](http://www.hants.gov.uk/educationandlearning/virtual-school)

[www.iow.gov.uk/virtualschool](http://www.iow.gov.uk/virtualschool)

support  
&  
nurture



## Talking Time

Make sure you make and have time to talk with friends and family.

Share any worries or interests. Be open and honest and keep constructive in what you can do. Look at what specialist support or advice is online.

Be as sociable as you want, get connected with friends and keep up to date with gossip.

## Games & Fun

Dust off the board games or computer games. Put in some time with family at home or friends online to have some fun and laughter.

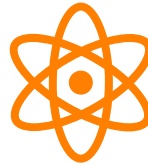
Take some time to think, day dream and even make some goals or plans.

## Healthy Living

Make sure you do take some daily exercise or physical activity. Be as active as you can.

Get crafty, doodling, drawing, making and creating.

Make sure you also eat well with good range of foods and healthy snacks. Perhaps use some time to research and bake something new.



## Keep Connected

Use what ever you can to talk or video call friends and family. Even plan some group call times and take part in online games and quizzes.

Make sure you stay safe online and only connect to genuine friends.

## Interests

Plan in time to explore any interests and hobbies you have. Give yourself a whole day for this if you can. If you like music, dance or film do this for a whole day.

## Immersive

Allow yourself time to be completely immersed in a book, film or game. Give yourself the time and luxury to disconnect.

## Mindful

Do whatever help you to relax and practice any mindfulness activities.

## Off Line

Make sure you have some time off line also. Turn off from alerts and news and enjoy some time just doing... arts/crafts, cooking, playing games etc.

### Secondary School Online Resources

There are a huge number of online resources available. A good place to start is with whatever resources or provision has been provided by your school.

If you are studying for a particular subject or exam board – make sure you search and find the right materials for this. There is a lot out there...

The BBC is starting Daily Lessons from 20<sup>th</sup> April across their online platforms.

These resources below are from BBC.

<https://www.bbc.co.uk/teach/secondary/zkqp47h>

<https://www.bbc.co.uk/bitesize/levels/z4kw2hv>



### Daily Routine

Establish a routine that works for you and your teenager. Remember teenagers do need to sleep more, but try and keep to a sensible bedtime and get up in the morning. Make a plan to do some work in the morning, take a break for lunch and exercise. Do a little more in the afternoon. Then plan some time to message and video call friends and family.

If your school is doing any live lessons make sure you are up and ready for these on time.