

Resources and activities for children, while school is closed

We've created a whole new page on our website, dedicated to providing children with regular activities to support their physical and emotional health at this time of great uncertainty and change. **This isn't password protected!**

Harold – our happy, healthy giraffe mascot and a favourite with children – will be posting a daily blog: **Harold's Daily Diary!** Here's the link to it:

<https://www.coramlifeeducation.org.uk/harolds-daily-diary>

Each day he'll be giving children positive, fun messages about what he's doing to stay happy and healthy while he's off school, separated from his friends. He'll invite the children to join in with activities he's doing.

He'll be giving children ideas for how he – and they – can get a routine going for their day, including the things we all need to do to live a balanced, healthy life. These include:

- Taking regular exercise
- Being creative
- Helping others
- Connecting with others – in ways that are safe
- Mindfulness – learning to enjoy the moment, here and now.

We know that having a routine and structure will be very important to all of us at this challenging time. For children, in particular, routines help to provide a sense of security that will help a lot at this time of uncertainty.

We're going to kick this off on Monday 23rd March; Harold will introduce the children to his **Daily Plan**. There will be a template version of this that the children can download – or copy from the website – and fill in for themselves.

Please feel free to share the link with parents – it's already live and Harold has put a little message on it.

<https://www.coramlifeeducation.org.uk/harolds-daily-diary>

Each day we'll be putting different activities onto our **Harold's Daily Diary** page. There will be activities for different age groups – something for everyone! These will help children to complete their own Daily Plan. All the activities are family-friendly, so siblings or whole families who are at home together will be able to do things together.

Harold will update his blog at 9a.m. every day from Monday to Friday (there'll be a break at weekends).