



Things to do when you are working from home

And your partner and children have joined you – Edition 1



Edition 1

Dear Parents and Guardians

As we are going into a time of social distancing, we would like to support you and your families by offering some ideas on how to remain active, keep socialising online and find time for positive thoughts.

Some of the ideas below are video links for you to watch, others links to websites or apps. Please watch the ppt in slide show mode.

We will send further editions in due course – in the meantime:

stay healthy and keep in touch!



Routines and schedules

Set up	Set up routines and schedules
Keep	Keep to working day/school day getting up and bedtime routines
Create	Create a plan for each member of the family with their working hours, breaks, exercise, relaxation times
Consider	Consider when you socialise as a family

Spaces

<https://www.nicolamorgan.com/wellbeing-and-stress-management/tips-for-working-from-home-from-one-who-knows/>

- Consider the difference between social spaces and work spaces in your home
- Can everyone work in a quiet space? Do you need to find creative, new space solutions?
- Give each family member responsibility for chores and jobs to keep spaces comfortable and organised



Stay social – connect with others

- ▶ Contact family and friends as part of your daily routine
- ▶ Meet online for a coffee and chat – make time for **hygge**
<https://www.youtube.com/watch?v=DJUPNjO1oAg>



Remain active

► Indoors

- www.thebodycoach.com



► Outdoors

- Walk
- Run
- Cycle
- Build a garden gym
- Gardening

Learn a new skill – time to become a rock star?

www.fenderplay.com

Fender  PLAY

START YOUR FREE TRIAL

**WE DON'T JUST MAKE GUITARS.
WE MAKE GUITAR PLAYERS.**

An online learning platform designed to get you
playing your favorite songs in minutes.

START YOUR FREE TRIAL



"It's advanced my playing tremendously. People are surprised to find I've only been playing two months." - Ryan Y.

Recommended by

VICE

NYLON

marie claire



Forbes

FAST COMPANY

GUITAR
WORLD

teenvogue

Time to be mindful

- ▶ <https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>



This is it for now....

- ▶ End of Edition 1



**KEEP
CALM
AND
WATCH
THIS SPACE**