



Recovery Curriculum Resources for Home

Supporting children's physical health and wellbeing

- Understanding what is different about school and how to navigate this environment
 - Hand washing and hygiene measures
 - Adapting to using areas of the school that may not be usual and being in environment and with staff that are not usual.
 - Keeping and maintaining social distancing
 - Catch it, kill it, bin it messages
 - Health and hygiene sessions focussing on washing, being independent and looking after yourself
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NHS hand washing [video](#) for KS1

[Sensory break Yoga video](#) for KS1, many other yoga videos are available from cosmic kids too

Brain Pop – [Covid 19 explained](#). Suitable for UKS2. (Home)

[Social distancing song](#)

Explaining [social distancing](#) to children – multiple resources

[While we can't hug story \(KS1\)](#)

[Covid worries explained in a story](#) (EYFS & KS1)

[Returning to school](#) after the first lockdown, may still be relevant as a reminder for some children who are worrying.

[Relaxation exercises to do at home with your kids](#)

Recommended by NHS Trust: [Looking After Ourselves](#)

Forest School type activities - [Wildlife Watch: Home](#)