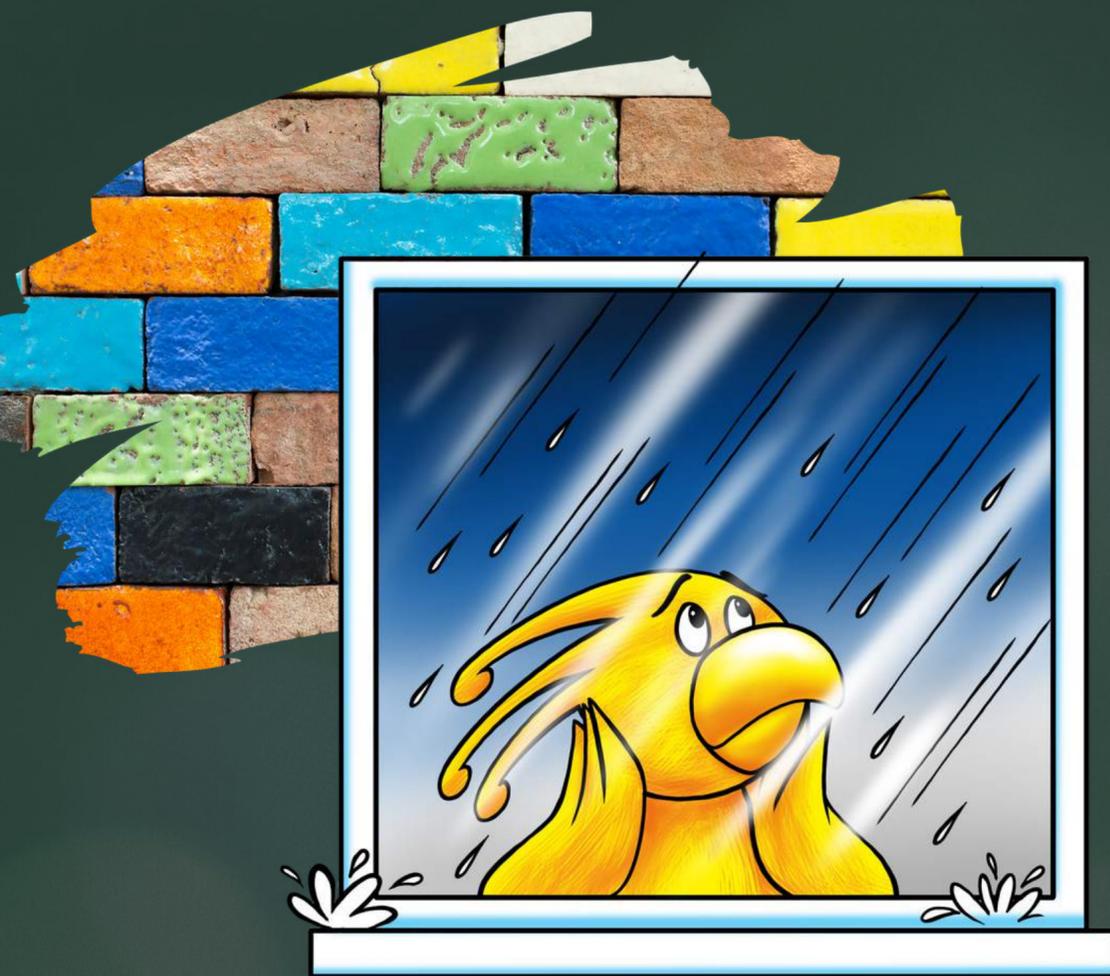




ISOLATION IDEAS



UNDERSTANDING ISOLATION IMPACT

We are living in uncertain times. Many of us are focused on the remarkable role our key workers are playing or on our concern for the vulnerable individuals in our community.

However, isolation will have an impact on all of us, particularly our children who are likely to find it incredibly difficult to understand what is happening, why they are unable to see their friends and what the rising number of deaths means for them and their future.

It can be difficult, as parents, to know how to best approach your children's emotions, support your children's behaviour and support them through this pandemic without traumatising, scaring them or over protecting them. Knowing how to explore your children's emotions and support them appropriately can be incredibly difficult and a totally unknown task to some.

At Phoenix Education, we have spent the first week of isolation understanding how we can incorporate emotional understanding into every day tasks, home schooling, crafts and play.

This booklet has been designed to share those ideas with you and support you in supporting your children.

If you would like any more information, support or have concerns about your children's well being during this challenging time, please contact us via info@phoenixeducationconsultancy.com

See what your children understand about the impact of Coronavirus around the world by encouraging them to do some around the world thinking.

Work through some of the countries they are most effected by Coronavirus and ask your children to describe:

- How Coronavirus is effecting that country
- What that country has to be thankful for
- What that country has that we don't
- What we have that country might benefit from
- What their country will look like in 5 years time
- How our relationship with that country might change due to Coronavirus

You could encourage your child to design a set of cards to send to countries around the world to show that we are thinking of everyone during this difficult time.

Use this as an opportunity to explore differences around the world.

Explore the relationships we have with different countries – both historically and now to give your child a sense of global citizenship and understanding.

Idea



AROUND
THE WORLD
THINKING

The majority of children are going to miss school and feel uncertain about the fact that currently, they do not know when they will be returning.

It can be difficult to understand exactly how your children feel about missing school, what they miss and how this can or will impact their mental health.

These ideas can be used to understand more about what your child feels about missing school and help facilitate some conversations that help you support their emotions, behaviour and mental health.

- Ask your children to create a poster to display in their classroom when they return to school. Encourage them to include the things they most miss about being at school every day.
- Encourage your children to write a letter or doing a drawing that you can send to their teacher or other person they are fond of at school.
- Task your children with designing their own classroom for the future - what are all the things they would put in the room to make it their class of dreams?

You can use facetime, skype or zoom to host a 'lunch time' with your child's favourite friends from school!

Idea 

THINKING
OF SCHOOL



There has been lots of talk about 'key workers' and children, who haven't had it defined, are unlikely to understand what this means or recognise the sacrifice some people are making by going to work.

It can be difficult for children to understand why some of their friends will still be going to school and why some of your family may still be working in spite of the strict rules that are governing the rest of us.

Explore key workers and the role they are playing in the Coronavirus pandemic with the following ideas.

- Make a list of key workers and ask children to complete a table for each of them: what they do, why it is important in the COVID19 response and what would happen if they were unable to work.
- Encourage children to create a COVID19 safety kit for the key workers (hand sanitiser, gloves, mask etc)
- Ask your children to write a story about one of the key workers and how their life has changed because of the Coronavirus pandemic.
- Suggest writing thank you letters to any key workers in your community or family.

Encourage your children to make a poster that thanks all key workers for you to put in your window.



CARING FOR KEY WORKERS

The NHS employs 1.4 million people who are playing a critical role in the response to the Coronavirus. It was founded in 1948 and its annual budget of 134 billion GBP ensures everyone receives the health care support they need. We are one of only 8 countries that have a national health service.

- Develop your child's knowledge of the NHS by asking them to create an NHS fact sheet.
- Talk with your children about the NHS 'clap' and help them understand what they meant, explore how they felt and see if they can think of other ways that we could thank the NHS and other key workers for their efforts.
- Help your children remember the times that the NHS have played a critical role in their lives and their well being and create your life timeline with the points highlighted on them.
- Encourage your children to write a thank you letter to the NHS workers in your community and share it with them when it is safe and possible to do so.
- Ask your child to design the ultimate thank you gift, trophy or medal for all the incredible people working in the NHS at this difficult time.

There are so many people that are involved in making the NHS 'work'. Encourage your child to think which job role they would most enjoy.



THANK YOU
NHS

Although we are safeguarding ourselves by remaining in isolation, it is important that we also keep ourselves in good health and well prepared to tackle the Coronavirus should we contract the virus.

Whilst we have no vaccine or 'cure' for COVID19, we must ensure our bodies are equipped to tackle illness and getting regular sleep, gentle exercise and eating a health, well balanced diet is critical.

Whilst baking with your children, you can discuss the importance of being well whilst isolated and explain how foods, vitamins and minerals play different roles in supporting various parts of our bodies and defense systems.

Foods that are good for your immune system include Lemon, Ginger, Broccoli, Garlic, Spinach, Red Peppers, Cocoa, Coconut Oil, Almonds and Banana.

Boosting Brownies: Mix 1 banana with 1 tablespoon of Almond Butter and 1 tablespoon of raw cocoa, bake at 180 for 12 minutes.

Pandemic Peppers: Stuff Red Peppers with blitzed broccoli, spinach and couscous or rice. Top with sultanas, almonds and a little lemon and bake until warm.



Whilst baking, why not talk to your child about Edward Jenner who created the first vaccine in 1798 and Louis Pasteur who went on to advance the principles of vaccination in nearly 100 years later.

MAKING & BAKING

It is likely that younger children will only vaguely remember how we responded to COVID19 in years to come. When they remember being in isolation, they are less likely to remember the details that seem important today.

There are things we have all learnt as a result of being in lock down and keeping a diary will help us hold onto some of those lessons in the future. In a world where few of us believed we would survive a moment without our phones, could cope without buying new clothes every weekend or would thrive without our daily visit to starbucks, we should remember the days we have spent with little more than the people we love.

- Ask your children to research famous 'diary keepers' including Anne Frank, Charles Darwin and Marie Curie.
- Help your child to design a cover for their COVID19 Diary - or perhaps their best selling book in the future.
- Encourage your children to make regularly diary entries about their day, their current emotions and their feelings for the future.
- Suggest that your child adds quotes from the media, adds photos and lists the price of things (for example), music in the charts and make notes of other things that will be of interest in the future.

Encourage your children to think about people throughout history that have become famous as a result of keeping a diary during difficult times.

DOING A DIARY



Being disconnected from your family during these difficult times can be incredibly challenging for children to comprehend. Many of us rely on our extended family network more than we realise and it is likely that our children will be worried about the well being of the most vulnerable people in your family network.

Although you will be able to utilise technology to maintain relationships, some of the tasks below will help your children explore their relationships with their family and better explain how they are feeling about isolation and family separation.

- Ask your child to create a memory jar for someone in your extended family. Use a kiln jar and small pieces of paper to detail your favourite family moments.
- Encourage children to make a celebration package for your family - draw or make gifts that you can save and share when you next see your extended family members.
- Create pictures or letters for your family members but rather than adding pressure to the postal service, take pictures of your masterpieces and email them or share in a family whatsapp group.



Host a family games night using skype, face time or zoom. You can play games like Charades, I spy or word games.

THINKING OF FAMILY

Phoenix Education Consultancy was created to improve the lives of children by pioneering a more embracing and inclusive approach to education.

Phoenix Education Consultancy was created by industry expert, Sarah Dove with the help of her cats, her daughter and the Phoenix family who have shared their stories online in the last few months.

Farhana is mother Phoenix with two children, Frankie and Freya. Many people thought Frankie was a naughty boy until he bravely shared his story before Christmas and found ways to support and improve his challenging and disruptive behaviour. He has gained a good understanding of his mental health needs and makes reasonable adjustments in order to support this. His sister, Freya is often unable to attend school due to complex medical needs. She is vulnerable to COVID19 so is self isolating for 12 weeks.

If your children would like to learn more about Freya or Frankie, you can find them on social media @thisis_frankie or @thisis_freya.

They will be sharing their experiences of isolation and able to ask any questions you have for them.



If you write a letter to Freya using info@phoenixeducationconsultancy.com, she will reply to you with some more ideas for education during isolation.

**BE FRIENDS
WITH FREYA**