**Play and Mindfulness**

**Remember it’s okay to let your children set the agenda!**

There continues to be exciting home learning activities uploaded onto Chadsgrove Website which is proving to be a wonderful guide and support to you in this new way of schooling. However, I would just like to remind you about the importance of wellbeing for you and your child during this home schooling experience. So here’s an idea…

If you haven’t already taken this approach, why don’t you on some days ask your child what they want to learn? Believe it or not, this may help to deal with the feeling of being overwhelmed with home schooling, as this approach turns traditional teaching on its head and places children at the centre of their own education. Get ready…..as you then take on the role of helpers, facilitators and assistants when needed. However, I have to warn you, brace yourself for some challenging and difficult questions from your ‘pupils’! You’ll laugh about this in years to come!!

**Doodles, draws, stories and poetry**

Have a go at this yourself, you may find you have a hidden talent! It’s fun too! Perhaps have a competition to see who’s best!!

A whole host of artists and writers are sharing their tips, secrets, masterclasses and more online. Here is a selection, old and new, providing inspiration for creativity:

Rob Biddulph [robbiddulph.com/draw-with-rob](http://www.robbiddulph.com/draw-with-rob)

Viviane Schwartz [youtu.be/hCCaAZUyk3E](https://youtu.be/hCCaAZUyk3E)

Axel Scheffler [youtu.be/FcM7xERFttk](https://youtu.be/FcM7xERFttk)

Mo Willems [youtu.be/RmzjCPQv3y8](https://youtu.be/RmzjCPQv3y8)

Michael Rosen [michaelrosen.co.uk/videos](https://www.michaelrosen.co.uk/videos/)

David Walliams [worldofdavidwalliams.com/elevenses](https://www.worldofdavidwalliams.com/elevenses/)

Ed Vere [edvere.com](http://www.edvere.com/)

**Go on a virtual home-school trip**

Here are a few sites that offer a great opportunity to look at their collections whilst we’re all stuck at home:

The Science Museum stories and virtual tours [artsandculture.google.com/partner/science-museum?hl=en](https://artsandculture.google.com/partner/science-museum?hl=en)

Natural History Museum stories and virtual tours [artsandculture.google.com/partner/natural-history-museum](https://artsandculture.google.com/partner/natural-history-museum)

Kew Gardens [kew.org/learning/endeavour](https://www.kew.org/learning/endeavour)