

What to do in a lockdown

How do you keep children entertained whilst self-isolating at home?

How do you ensure well-being of all your family?

How to be 'in the moment' and appreciate time at home.

Here are some links with helpful hints/tips for keeping young people entertained, amused and ensure both their well-being and your own!...

What you will find in this guide

1. [Top Tips](#)
2. [Service support](#)
3. [Family Support groups](#)
4. [Mindfulness](#)

Top Tips

- **Social story:** of the virus for children, just click the link and download.
https://theautismeducator.ie/2020/03/11/corona-virus-social-story/?fbclid=IwAR0sVThrifL_1BaHumR61Q9ArTOBVzbgQ_BPc2r7HJ_UgvCOQ8GINkcqQDA
- **Positive passport:** encourage your children to think of positive thoughts throughout the day and note them down and then at the end of the day share them together and give your child a stamp (or any alternative) for an "abundance of positive thoughts."
<http://kidsrelaxation.com/educator-resources/positive-passport/>
- **Pinterest:** An abundance of ideas for activities with children
<https://www.pinterest.co.uk/>
- **Twinkl:** free parent resources -www.twinkl.co.uk/offer – apply code in the code box online- PARENTSTWINKLHELPS
- Daily PE lesson for children available by subscribing to PE partners YouTube Channel <https://www.youtube.com/channel/UCusMrDGjLgNJqiKASS3Peow> They will focus on the learning objective and transferable skill that would be covered in that weeks #SPIRALPE lessons. They'll also be posting lots of ideas for Physically Active Learning.

- It is a good idea to keep the **daily structure** that your child is used to, you can do this by using a visual timetable to show them what they are going to do today. Example here: <http://www.downssideup.com/2012/07/how-to-make-visual-timetable.html>
Top tip get your child to make their own squares
- Make a list of the jobs around the house (age appropriate) and next to each job put a price, once they have done that job, they receive the money. For example: putting toys in a box 10p.
- Create a tuck shop for snacks, open it in the morning and in the afternoon with a price list, give your child an amount per day to spend.
- Reward, reward, reward! Keep the positivity by rewarding your child for good behaviour. Use a medium/large sized box/tub/jar with the aim to fill it to the top, put handfuls in at a time, not just one, so your child can watch it filling up. You can use any household items to fill it, once it is full, they receive a reward.

Other services that can support:

Scope helpline: 0808 800 3333

Scope Navigate service: Navigate is a national mentoring service, that provides online emotional support for parents and carers of disabled children who are finding out about their child's additional needs. <https://www.scope.org.uk/family-services/navigate/>

Scope online community: 'Our online disability forum is a vibrant and supportive space for disabled people, parents and carers to get disability advice and information, and talk to people with similar experiences' <https://community.scope.org.uk/>

Scope mindful monsters: provide good ideas for activities parents. Focusing on 4 key areas the Mindful Monsters subscription aims to boost creativity, improve concentration, inspire positivity and aid relaxation. It's a subscription service they can sign up here https://mindfulmonsters.co.uk/?gclid=EAIaIQobChMIltfCjLOk6AIVFeDtCh2NMAcIEAAYASAAEgLzwPD_BwE&gclsrc=aw.ds

Scope Parents Connect: louise.gillard@scope.org.uk / chloe.anderson@scope.org.uk

Scope Sleep Right: Sleepright.leeds@scope.org.uk

Scope Activities (short breaks): leeds@scope.org.uk

Made with music: Virtual classes <https://www.facebook.com/MadewithMusic1/>

Family Support groups on Facebook:

Zig Zag

SNAPS

Louise Parents Connect

Sunshine and Smiles

ABC

Little Hiccups

Mindfulness

Remember self-care is KEY!

Take some time for yourself, unwind and relax.

Easier said than done (we know!) but even if its stopping for 5 minutes every few hours, you need that break too!

Mindfulness Books for working with Children

Sitting Still like a Frog – Eline Snell

Mindfulness activities for children

Blissful Kids

Calm for Kids

Kidsrelaxation.com

[Free Mindfulness course](#)

SCOPE

 **Equality for
disabled people**

Ideas compiled by Scope Family Services Leeds