



Keep Learning



Learning isn't just for school. Learning new things will help your child to feel more confident as well as being fun.

When "Keep Learning" is going well your child may;

- Demonstrate good levels of self-esteem.
- Be confident to try new activities and experiences.
- Show motivation and interested to learn.
- Connect positively with others around them in order to find out and share knowledge.

Spend time together

- Talk to your child about their interests. What do they like? What do they want to get better at doing?
- Embrace everyday learning opportunities. For example, play eye spy on walks or on car journeys or make a shopping list together
- Read with your child. Listen to audio books, read magazines, comics and newspapers.
- Keep a scrap book of new activities or places you have visited together.
- Find out what your child is learning at school and how you can support this at home.

Ideas

- Set a challenge that your child will enjoy achieving and celebrate their progress.
- If your child finds trying something new challenging, it might be helpful to talk to them about times in the past where they were successful in this area, such as starting school.
- It could be helpful to break new activities down into smaller more achievable steps.

When "Keep Learning" is not going well your child may;

- Demonstrate low self-esteem
- Feel anxious and avoid new activities or experiences
- Lack concentration or becomes easily bored
- Doesn't seek connection, preferring to isolate themselves

Encourage new hobbies/ activities

- Find out about clubs and sports clubs in your area. This could be through your local library, school or leisure center.
- Visit a new place, such as a local museum, art gallery or park.
- Try cooking something new together. Try a new food or find out about eating a healthy balanced diet.
- Use the outside area. Garden together or grow plants in a window box.
- Get creative, write a story or song or try a new craft activity.
- Make music, use pans and kitchen equipment to make different sounds.
- Make me laugh, learn 5 jokes and share them with your family and friends.

Useful Links

Hampshire County Council Libraries www.hants.gov.uk

CBBC Blue Peter: Make, bake, create www.bbc.co.uk

Conversation starters to use with children www.youngminds.org.uk

Oxford Owl for free eBooks www.oxfordowl.co.uk

Everyone Active to find a local sport centre www.everyonactive.com

Hampshire Health in Education www.hants.gov.uk