

Dear Parents/Guardians,

We hope you and your families are keeping well at this time.

We are very much aware that this may be an incredibly difficult and anxious time for you and many children also. It can be difficult to get into a new routine, you are all doing your best. The work suggestions and ideas on the school website are **optional**. We would like to reassure you that the work will all be covered again once the children return to school.

If your child is struggling and reluctant to engage in school work, take a break - it can be picked up another time. There is no need to add pressure, stress or strain to an already stressful situation for the whole family. If you want to send the class teacher a message, we are here to listen. We wouldn't expect the children to be sitting still for long periods of time; even in the classroom, we do lots of activities and are up out of our seats a lot!

Here are some **strategies/suggestions** that you may find useful:

- Cutting activities
- 'Brain Breaks'
- Rewards
- Movement breaks - [Go Noodle](#) is great for movement breaks (they have some on concentration)
- Timers - For short work periods
- Keep the work to short slots of 5 - 10 minutes at a time (or shorter)
- Play (outside) after work slots
- Set a little challenge eg. Can we do 1 minute longer this time?

Below are some **mindfulness techniques and resources** for both children and parents that you may find useful.

Relaxation and mindfulness apps for children:

- [Breathe, Think, Do with Sesame](#)
- [DreamyKid](#)
- [Stop, Breathe & Think Kids](#)

Relaxation apps for adults:

- [Calm](#)

- [Headspace](#)

Mindfulness colouring pages:

- For [adults](#) and [children](#)

Please don't put too much pressure on yourself. The most important thing at the moment is to mind your wellbeing as well as your child's and try to get to as happy a place as possible in these trying times.

Take care,

The Junior Infant Teachers