



WILLIAM HARDING SCHOOL
Aim high... Work hard... Be kind...

WILLIAM HARDING SCHOOL

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Dear parents and families,

Re: TIPS FOR PARENTS- Wellbeing Activities – the following resources may be helpful!

Spoiled Brad, By David Walliams, Read by David Walliams, Morgana Robinson

<https://m.soundcloud.com/harpercollinspublishers/the-worlds-worst-children-2-3/s-zHZPQlifKuV>

P.E with Joe Wicks, Monday – Friday 9am Live on You Tube. - [pe-with-joe-1254.html](https://www.youtube.com/watch?v=pe-with-joe-1254)

Yoga, mindfulness and relaxation designed especially for children, - [CosmicKidsYoga](https://www.cosmickidsyoga.com)

Puppy Mind, A book about teaching children how to train their wondering mind. - <https://youtu.be/Xd7Cr265zgc>

Stop, Breath & Think Kids - [kids](https://www.stopbreathandthink.com/kids) -Helps Kids discover the superpowers of quiet focus and peaceful sleep.

Explain in clear, simple terms, what coronavirus is. Let them know that adults are working hard to keep everyone safe. The following resources may be helpful:

[Childrens-story-about-coronavirus.pdf](#) - [Pandemics-and-the-Coronavirus.pdf](#)

Games! - Visit the BBC Newsround webpage and head to the puzzles tab for daily games and activities - <https://www.bbc.co.uk/cbbc/puzzles>

Create a 'worry jar' - There are lots of changes happening at the moment. It is ok to feel worried or frustrated.

Each time you feel worried or frustrated, write down/ draw your worry on a small piece of paper and put it in the jar. Then close the lid on so the worry can't get out. It can really help to write our thoughts and feelings down.

Best wishes,

Miss Cotchin
Head teacher

Our School Values are: Inclusion, Perseverance, Honesty, Respect, Responsibility and Collaboration.

