

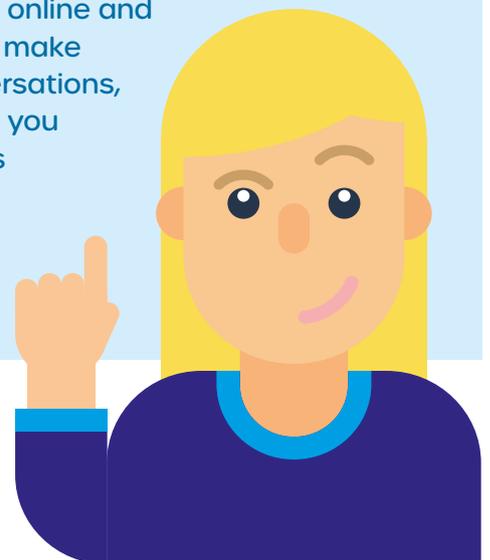
#### PARENTS / CARERS

- **The definition of 'Connect':** Connecting with family members, friends, neighbours or people who share the same interests
- **Background:** It's important for us all to feel as though we're part of something and that we are understood and accepted. This protects our mental health by boosting self-esteem, improving wellbeing, and protecting against loneliness. This is important because loneliness has been associated with poor mental and physical health. There are lots of different ways to connect and, whilst our physical connections are limited, it's important for us to think about different ways to do this. For children, having the opportunity to speak to family members about things that matter to them is significantly linked with positive wellbeing of young people

**Note:** As parents and carers, it's vitally important to ensure that we understand the risks certain forms of connectivity present, and that we act to keep our children safe. More information about staying safe online can be found here:  
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

#### PRE-ACTIVITY

- Everyone involved should discuss the different ways we can connect with people
- Explain to children the importance of staying safe online and let them know it's important to let you know if they are worried about anything or feel unsafe
- Let children know you're interested about what they're doing online and talk about it; a bit like you would talk about school. If we can make talking about our online activity part of our day to day conversations, children are more likely to feel relaxed and find it easier to let you know if something negative has happened, or if something is worrying them
- Introduce the activity and ask everyone to pick a household item to use for the balance challenge



**LESSON CONTINUES ON NEXT PAGE**

#### ACTIVITY

- Using their selected household item, each person taking part must think of a creative way to balance the item on their body and hold the position for 30 seconds
- When everyone's ready to go, get a phone out and take it in turns to video each other completing the challenge
- At the end of the challenge, nominate three friends to try the balance challenge out
- Safely send your video to your nominated friends and ask them to send you a video of them attempting the challenge back to you. Only share your videos with the friends you have nominated and those who have nominated you. Don't share anyone else's video without their permission
- Enjoy having a laugh watching the videos of friends completing the balance challenge and feel proud for getting other people involved!

#### REFLECTION TASK

- Have a chat about why being connected with people is important and ask children how they feel about the new rules on social / physical distancing, and what they miss about spending time with other people
- Think about different ways we can remain connected to others at the moment, especially to the people / things we miss in the current circumstances
- Make plans to do this in different ways throughout the week. This could be on your own or as a family. Some ideas might include having a chat with friends online, playing a family game at home, writing a letter or drawing a picture for someone
- Start a new weekly planner and include some of the ideas from this session

**Note:** If children are using online devices to connect with others, remind them to speak to you if they are worried about anything online



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Connect</b>					
<b>Be Active</b>					
<b>Take Notice</b>					
<b>Keep Learning</b>					
<b>Give</b>					

## REFERENCES

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The Children's Society (2014). Ways to wellbeing: Research report. Available at: <https://www.childrenssociety.org.uk/sites/default/files/Ways%20to%20well-being%20report%20FINAL.pdf>

World Health Organisation (2018). Mental health: strengthening our response. Available at: <https://www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response>

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