



Wednesday 25th March 2020

Dear Parents and Guardians,

ELSA HOME LEARNING

We hope you, and your children, are well and that the home learning is off to a good start.

We know that your children have accessed ELSA provision this academic year and the resources below may support the continuity of this provision during this tricky time.

I have attached links to activities which you might find useful to supplement the home learning already sent out. In addition, below are some useful websites that you may wish to use:

www.relaxkids.com (relaxation exercises)

www.insighttimer.com (free kids mindfulness resources)

www.cosmickids.com (kids yoga)

www.worldofdavidwalliams.com (daily story from the World's Worst Children).

You may like to know that Professor Steve Peters has written a very useful and easily accessible book called, 'My Hidden Chimp' which helps children to understand, and manage, their emotions, thinking and behaviour with 10 helpful habits; this book can be ordered through Amazon.

To support any grandparents, or other family members, who may be self-isolating, why not write a letter or complete the attached sunshine activity and use your daily exercise to walk with the children to your nearest Post Office to send them something to open. We know that an act of kindness can bring a feeling of positivity to anyone's emotional well-being.

If I can be of any further help, please do contact either my-self or Mrs Cole via the following email address and we will get in touch with you – sendep@harnham-jun.wilts.sch.uk. We will reply to e-mails between 1pm and 3pm daily.

Yours sincerely,

Mrs A Livingstone
Emotional Learning Support Assistant - Harnham Junior School