



Lanesend Home Learning 01/06/20



Welcome to our latest home learning letter, I do hope you had a nice half term and enjoyed the beautiful sunshine. Although we had the news that schools will be back on Monday for some children, we will still be continuing to offer home learning, phone calls and video chats for those at home. We believe this link is so important and we enjoy finding out about your great home learning. With the Reception, Year 1 and Year 6 year groups back full time those teams may not be able to answer your Dojo messages straight away as they will be in class but will try to contact you as soon as they can. We have another bumper letter today with news of an exciting competition where you can win the chance to illustrate JK Rowling's new book, we have more monthly challenges from Mrs Gangonells, sport challenges from Miss Westbrook and some useful computing guides including one on how to keep your devices clean.

If you are having trouble with accessing any of the learning please let us know, we can also deliver printed home learning packs if needed.

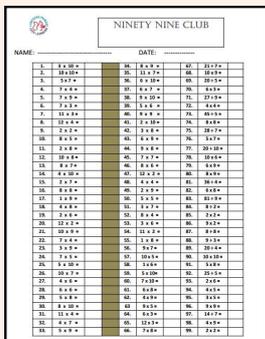
Take care and stay alert.

The Lanesend Learning Project Overview 01/06/20

Click on the link for your child's year group to see this weeks learning projects.

Year	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
01/06/20	01/06/20	01/06/20	01/06/20	01/06/20	01/06/20	01/06/20

Here are some extra resources that you can use by clicking the images below.



99 Club



100 Word Challenge



Painting of the Week.



Pointless Spelling.



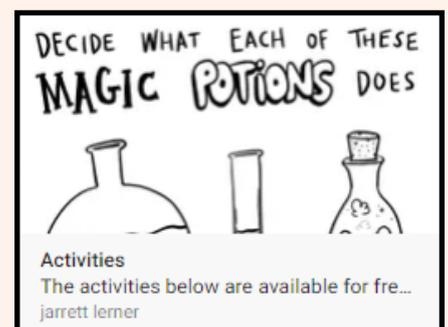
Handwriting Resources



Projects in the Garden.



Creative Projects.



Cartoon/Comic activities.

THE ICKABOG

Welcome!

You've arrived at the website of my new story, *The Ickabog*.

I had the idea for *The Ickabog* a long time ago and read it to my two younger children chapter by chapter each night while I was working on it. However, when the time came to publish it, I decided to put out a book for adults instead, which is how *The Ickabog* ended up in the attic. I became busy with other things, and even though I loved the story, over the years I came to think of it as something that was just for my own children.

Then this lockdown happened. It's been very hard on children, in particular, so I brought *The Ickabog* down from the attic, read it for the first time in years, rewrote bits of it and then read it to my children again. They told me to put back in some bits they'd liked when they were little, and here

The Ickabog will be published for free on this website, in instalments, over the next seven weeks, a chapter (or two, or three), at a time. It isn't Harry Potter and it doesn't include magic. This is an entirely different story.

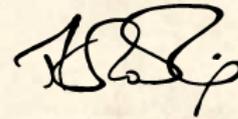
The most exciting part, for me, at least, is that I'd like you to illustrate *The Ickabog* for me. Every day, I'll be making suggestions for what you might like to draw. You can enter the official competition being run by my publishers, for the chance to have your artwork included in a printed version of the book due out later this year. I'll be giving suggestions as to what to draw as we go along, but you should let your imagination run wild.

I won't be judging the competition. Each publisher will decide what works best for their editions. However, if you, your parent or your guardian would like to share your artwork on Twitter using the hashtag #TheIckabog, I'll be able to see it and maybe share and comment on it!

When the book is published in November, I'm going to donate all my royalties to help people who have been affected by the coronavirus. We'll give full details later in the year.

I think that's everything you need to know. I hope you enjoy reading it and I can't wait to see your pictures!

Love,



READ
THE
STORY



THE
ICKABOG
ILLUSTRATION
COMPETITION

Click the links above to read the story or to find out about the competition.

If you would like to enter send illustrations to me graham.andre@lanesendpri.iow.sch.uk

And I will post them on Twitter with the hashtag and hopefully JK Rowling will see them.

This week's Trick Box trick is ...Stand Tall

Why?

We can make changes to our state of mind by managing our thoughts, feelings and posture. This is important as our stand can be read through our body language by others. This affects how we are perceived by others.

How?

Do you know what body language is? When we feel a certain way you can actually speak with your body.

How can you show with your body that you are feeling confident? Think to yourself I feel good today, I feel strong inside like I am going to do well. I feel confident, I'm standing tall.

You can check this by thinking 'do I feel good about myself?' Which parts of my body show this? Think about strong legs, an up-right body, shoulders back, relaxed arms, steady breathing, looking at others in the eye. Then think I feel confident! I am going to show it!

The arrows on the card show that we are standing tall and the red circles show how strong we feel. Everyone can read this body language and it makes us feel confident! If you feel it, show it with your body then you will be it!

Give it a try and let us know how you get on!



PE/Sport Home Activities

<p>1 10 laps of house/garden</p>	<p>2 30 push ups</p>	<p>3 Jump an obstacle 40 times</p>
<p>4 Play hide and seek</p>	<p>5 50 star jumps</p>	<p>6 Planking</p>
<p>7 Perform a dance routine</p>	<p>8 Around the world 25 times</p>	<p>9 40 standing jumps</p>
<p>10 30 sit ups</p>	<p>11 Hit a target 10 times</p>	<p>12 Skip for 2 minutes</p>

ACHIEVEMENTS

Bronze
Complete any 3 activities

Silver
Complete a horizontal or vertical line

Gold
Complete all the activities

★ Can you complete the star activities in less than 60 seconds?



YOUTH
SPORT
TRUST

@clcsimon

**ACTIVITY
BINGO**

teachwithict.com/homefitness

**SCHOOL
GAMES**

WEEK 2 HAMPSHIRE SCHOOL GAMES MARK MAY WEEKLY WARM UP: Roll the Dice



- Grab yourself a dice. If you do not have one, try making your own!
- You will need to roll the dice twice.
- First roll will determine what you must do. Second roll is for how long.
- Keep going until you have completed every challenge!

**FIRST
ROLL**



Star
Jumps



Tuck
Jumps



High
Knees



Burpees



Squats



One Leg
Hop

**SECOND
ROLL**



10
seconds



20
seconds



30
seconds



40
seconds



50
seconds



60
seconds



Primary and secondary challenge card

Suitable for those with special educational needs and disability (SEND)

Create a small barrier this can be made from tins of food, toilet paper rolls or chairs. Grab a ball and see if you can hit the ball over the barrier using any body part. Your opponent should try to hit the ball back straight away - no catching the ball allowed! If the ball touches the ground on your side, the players on the opposite side get the point.

STEP

Ideas on how to adapt the activity in a national lockdown.

S

Space

- In the garden or in any open space such as the living room (make sure it is a light ball for inside, and there are no hazardous objects around)
- Make the area bigger if it is too easy to keep the ball up
- Why not change the height of the barrier to make it harder/easier

T

Task

- The activity can be done standing up or sitting down
- How many times you can knock it over the barrier between yourselves? Test your teamwork!
- Allow a bounce on each side if easier

T

Time

- See if you can keep a rally going for 30 seconds

E

Equipment

- To make the activity easier try a balloon as it will fall slower
- If you are finding it easy, try a slightly heavier ball or a smaller ball
- Why not add in multiple balls at once?

P

People

- Add in more people from your household, can you work as a team on each side?

www.sense.org.uk



change



YOUTH



Move to the Beat Home Physical Education

How to play:

- On the spot can you start by clapping in time to the music?
- Keep clapping but can you now move your feet in time to the music by marching on the spot?
- Now can you start to walk around the space by clapping and walking in time to the music?
- Challenge yourself to add new movements like heel flicks, side steps, knees up, spins, turns. Can you do these in time to the music?



Can you try quicker and slower music? Which is harder?

Can you keep trying to improve your performance?

Top Tips

Listen for a beat

When trying to listen for a beat, make sure you give the piece of music all of your attention. Use headphones or move to a quiet environment with no noise interruptions.

Let's Reflect

What different movement ideas did you come up with?

Could you concentrate and move in time to the beat?

Active June!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Do some sit ups : Bronze: 10 sit ups Silver: 20 sit ups Gold: 40 sit ups	2 Do some star jumps : Bronze: 20 times Silver: 30 times Gold: 50 times	3 Practise balancing on right leg : Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	4 Practise balancing on left leg : Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	5 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	6 Create your own throwing and catching game!	7 Teach the people at home your game and see who scores the most points!
8 Do some burpees : Bronze: 10 burpees Silver: 15 burpees Gold: 20+ burpees	9 Try and do some mountain climbers : Bronze: 10 times Silver: 20 times Gold: 30+ times	10 Carefully try and do a plank : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	11 See how many tuck jumps you can do in a row: Bronze: 10 jumps Silver: 20 jumps Gold: 30 jumps	12 Push ups! Bronze: 10 push ups Silver: 15 push ups Gold: 20+ push ups	13 Use a pack of cards and create a game involving different exercises and the different suits!	14 Compete against someone at home to see who can complete more exercises in a given time.
15 Try and do some crunches : Bronze: 10 crunches Silver: 20 crunches Gold: 30 crunches	16 Do some lunges on both legs: Bronze: 10 each leg Silver: 20 each leg Gold: 30 each leg	17 Do a wall sit – remember, stay still! Bronze: 20 seconds Silver: 30 seconds Gold: 60 seconds	18 Squat – count how many squats you can safely do in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	19 High knees – Keep going without stopping Bronze: 30 seconds Silver: 50 seconds Gold: 1+ minute	15 Challenge yourself to learning some new yoga posts – watch a Youtube video to help.	16 Practise those yoga skills your learned and see if you can balance for longer than you did yesterday.
22 Try doing some scissor kicks : Bronze: 30 seconds Silver: 45 seconds Gold: 60+ seconds	23 Do some shuttle runs : Bronze: 15 runs Silver: 30 runs Gold: 50 runs	24 Hop on the spot: Bronze: 10 each leg Silver: 25 each leg Gold: 50 each leg	25 Hopscotch until you need to stop Bronze: 30 seconds Silver: 45 seconds Gold: 2 minutes	26 Try safely to do some jump squats in a minute: Bronze: 10 squats Silver: 15 squats Gold: 20+ squats	27 Go outside and be active with someone from your house. Go for a run or a walk!	28 Use your outdoor time to jump over things, balance along things and move in different ways.
29 Try hurdling over something (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	30 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times	<p style="text-align: center;">Let's get active in June!</p> <p style="text-align: center;">Try each of these activities with the people you're with!</p> <p style="text-align: center;">Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</p> <p style="text-align: center;">Remember it is important to stay active and healthy!</p>				

JUNE MATHS MASTERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 If 3 multiplied by p is 33, what is the value of p? How do you know?	2 Calculate 2×12 . Find other multiplications which give the same answer.	3 How many faces does a cuboid have? Can you accurately draw one?	4 List all the multiples of 6 between 30 and 80.	5 What is 32, 658 rounded to the nearest 100?	6 $1000 - 432 = 678$. Is this right? Why?	7 What is half of 50? How does this help find half of 500?
8 How many ways can you make 57p?	9 Is 12×5 the same as 6×10 ? How do you know?	10 What is double 36? So what is double 360?	11 What is $3.8 + 7.3$? How did you work it out?	12 What is 51-13? How does that help you work out 5100-1300?	13 What do you call an 8-sided shape? Can you draw one?	14 What is today's date in Roman Numerals?
15 What is the biggest number you can make with 6 8 1 9?	16 Write this number in words: 12, 540.	17 How many months have 30 days? Which months are there?	18 How many lines of symmetry does a regular heptagon have?	19 What's bigger: 100-53 or 33 + 14? How do you know?	20 If I have £10 and I spent £3.10 and then £1.45, how much change do I have?	21 What is three quarters of 44? Can you draw it to help?
22 Describe how to find the missing number in this calculation: $\square \times 5 = 100$	23 What is the perimeter of a rectangle that measures 3m by 7m?	24 What is the total of 45, 56, 92 and 12?	25 What are the factors of 24?	26 What number is missing in the sequence? How do you know? 7, ..., 21, 28.	27 Put these numbers in descending order: 345, 543, 435, 533, 534.	28 One third of a number is 16, what was the original number?
29 What's longer – 3400g or 3400kg?	30 TRICKY QUESTION: How many seconds in your normal school day?					

**Have fun doing a Maths question a day!
Challenge yourself to talk to the people at home
and show off what you know!**

JUNE MATHS MASTERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 What number is represented here: MCCXII?	2 What is double 357? Can you work it out 2 ways?	3 What is 765,551 rounded to the nearest 1000?	4 Is 43×10 the same as $4300 \div 100$? Why?	5 If $x - 57 = 35 + 76$, what is the value of x ?	6 What's missing in this sequence: 3, 6, 10, 15, __, 28. How do you know?	7 What is 13,563 rounded to the nearest 100? What is the rule?
8 How many degrees in a complete turn?	9 What is $10.7 - 4.9$? How did you work it out?	10 If $y = 37$, what is the value of x in ' $y + 67 = x$ '?	11 One third of a number is 59, what was the number?	12 Which number is bigger: 267676 or 276767? Describe how you know.	13 Calculate $4 \times 17 + 4$.	14 List all the prime numbers between 30 and 60.
15 $(6 \times 5) + 6 = 30$. Is this right? Why?	16 What is three and two thirds plus two thirds?	17 What is 10×13 ? What other calculations would give you the same answer?	18 What is $4.04 + 2.07 + 9$?	19 Put these numbers in descending order: 7543, 3457, 7453, 4753, 5743.	20 How many grams in 4.7kg? How do you know?	21 What time is 22:05 in words? Can you draw it on a clock face?
22 What is today's date in Roman Numerals?	23 What are the properties of a triangular prism? Can you draw one?	24 How many ml in 5.43l?	25 Which fraction is bigger: $\frac{3}{5}$ or $\frac{40}{100}$? How do you know?	26 Can you draw a regular and an irregular hexagon?	27 Jake says, "If $y+7=5$, then y must be 2." Is he right? How do you know?	28 What is $14.3 - 1.7 + 5.2$?
29 Joshua says, "the area of my shape is 32cm so the perimeter must be 24cm". Do you agree?	30 TRICKY QUESTION: How many minutes in a normal school week?	<p style="text-align: center;">Have fun doing a Maths question a day! Challenge yourself to talk to the people at home and show off what you know!</p>				

JUNE MATHS MASTERS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 If $\square + 7 = 15$, what is \square ? How do you know?	2 I have 6 5p coins and 3 2p coins. How much money do I have?	3 Order these numbers biggest to smallest: 132, 233, 23, 32, 123.	4 What number is 10 less than 103? How do you know?	5 What is the sum of 9, 4, 6 and 1? What is a quick way to work that out?	6 Is 4 x 5 bigger than 5 x 4? Talk to someone at home about what you notice.	7 What is three quarters of 16? Can you draw a picture to help?
8 What do you call an eight-sided shape?	9 Using coins, how many ways can you make 65p?	10 What is double 6? What is double 60? Talk about what your notice.	11 Half of a number is 9, what was the number?	12 Which number is bigger, 54 or 54? Draw a picture showing how you know.	13 Calculate $5 + 15 + 50$. Talk about different ways to work out the total.	14 How many minutes in 2 hours?
15 If you have 16 sweets and your friend has 4 more, how many sweets in total?	16 What is the biggest number you can make with the digits 5 1 8?	17 Write these number in words: 143, 52, 79, 188.	18 How many 5s are the same as 3 x 10?	19 What is the missing number: 3, 6, 9, __, 15 How do you know?	20 What is $100 - 36$? What different ways could you work it out?	21 What time does this clock say? 
22 What is three quarters of 32? How did you find your answer?	23 What is the missing number in the calculation? $37 + 14 = \square$	24 What is $34 + 16 + 12$?	25 Which fraction is bigger: $\frac{2}{4}$ or $\frac{1}{2}$? Can you draw it to show?	26 What are the properties of a cube? Can you find one in your house?	27 If I have £1 and I spent 37p, how much change did I get?	28 What is one whole subtract a quarter? Draw it to help you!
29 List all the multiples of 5 less than 40.	30 TRICKY QUESTION: How many minutes between 9am and 10:15am?					

**Have fun doing a Maths question a day!
Challenge yourself to talk to the people at home
and show off what you know!**

Words for Writing - June

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Today's character: A spy	2 Today's setting: A deep, dark cave	3 Today's setting: A rocket ship	4 Today's character: A cat who can sing	5 Today's setting: The woods	6 Today's character: A scared elephant	7 Today's story idea: Winning the lottery
8 Today's setting: Your kitchen	9 Today's story idea: Waking up in a dream	10 Today's character: An alien from outer space	11 Today's setting: On a submarine	12 Today's character: A flamingo	13 Today's story idea: Visiting the Queen	14 Today's character: Someone in your house
15 Today's story idea: Receiving a mysterious parcel	16 Today's story idea: Meeting your evil twin	17 Today's setting: In a sweet shop	18 Today's story idea: Going on holiday	19 Today's character: Your best friend	20 Today's setting: In an airport	21 Today's character: A pirate
22 Today's story idea: Seeing something scary	23 Today's character: The Earth	24 Today's setting: On the moon	25 Today's character: A wizard	26 Today's story idea: Visiting the circus	27 Today's character: A rabbit in a hat	28 Today's setting: New York City
29 Today's character: A young boy/girl	30 Today's setting: A deserted mansion	<p>Let's keep writing in June!</p> <p>Use the daily prompts to come up with your own pieces of writing.</p> <p>Dive deep into your imagination and produce some brilliant writing! You choose what you write - it could be a wanted poster, a letter, a story, a postcard, a poem! You decide!</p> <p>Have fun!</p>				

A Month of Outdoor Ideas...

June 2020



From WatsEducation

Taking Learning Outside:

Here is an Outdoor Learning 'Idea-a-Day' for June.

Not all of the activities are necessarily prepped for Social Distancing, but are easily adapted to suit different Year Groups, access to resources and use of learning space.

	Mathematics	English	Science	Art	Wider Curriculum	Saturday
Sunday	Monday <u>Shape Hunters:</u> 1 Look around for different shapes... How many different ones can you collect?	Tuesday <u>Poetic Description:</u> 2 Find a space; describe it using all 5 senses... Create a poem in any style you want using your ideas.	Wednesday/Overground: 3 Search an Outdoor Area for mini-beasts and critters... Can you classify what you find? Can you analyze the data?	Thursday <u>Shadow Tracers:</u> 4 Place a 'shaped' object in an open space and trace its shadow, on paper or in chalk – repeat this every 40 mins or so in different colours.	Friday <u>Treasure Hunt I:</u> 5 Complete an 'open-ended' Playground Treasure Hunt. (Example Provided)	Saturday 6
7	8 <u>Sequences:</u> Create sequences of repeating patterns using natural objects. Can you change it using rotation?	9 <u>Letter from Lockdown:</u> Sit outside, write a letter to someone you would like to see, or just to someone in general.	10 <u>Shadow Tests:</u> Find out how shadows change during the day. Track your measurements and create a line graph.	11 <u>Observational Drawing:</u> Look closely at things around your outdoor spaces. Observe and draw them. Can you apply textures through different shading techniques?	12 <u>I Like to Move it, Move it!:</u> Team Up with a friend or two to create and perform a 'Socially Distanced' dance routine.	13
14	15 <u>Wall of Times Tables:</u> Use bricks on a wall to represent x & ÷ triangles. Complete a table you do not know.	16 <u>Wild Reading:</u> Take your story outside. This could be a Social Bubble or an individual book.	17 <u>Textures and Patterns:</u> In an area or around plants, trees or flowers – how many different textures & patterns can you discover? What Science Vocabulary can you apply to it?	18 <u>Symmetrical Patterns:</u> Using natural resources, create symmetrical patterns around a central point such as a stone or leaf.	19 <u>Treasure Hunt II:</u> Complete an 'open-ended' School Field Treasure Hunt. (Example Provided)	20
21	22 <u>Area & Perimeter:</u> Can you calculate the Area / Perimeter of an Outdoor Space? Use different units: paces/arm spans/'feet'	23 <u>An Alphabet of Things:</u> Make all the letters of using natural materials. Can you do upper and lower case?	24 <u>Environment Survey:</u> Use a PE hoop or the space under your chair as a Quadrant – Survey and identify the plants you can find in an outdoor space. What is there most of?	25 <u>Rubbing and Patterns</u> Take a pencil, crayon, pastel or other drawing medium, and record the textures and patterns by making rubbings. Combine and overlay them.	26 <u>Like it or Knot!:</u> Use string, wool, thread or simply long grass to practice knot tying. Can you tie: A Clove Hitch? A Cow's Tail? A Reef Knot?	27
28	29 <u>Lines & Angles:</u> Seek out Parallel and Perpendicular lines... Find Acute, Obtuse, Right and Reflex angles.	30 <u>Share the Love:</u> Create positive messages to your community – hang them on fences or put them in your windows.				

Contact:

Web: www.watseducation.com

Twitter: [@WatsEd](https://twitter.com/WatsEd)

How to clean DEVICES

Our electronic devices can be a breeding ground for germs and bacteria. Many viruses, including coronavirus, can stick around for several hours or even days after being touched by or otherwise coming into contact with an infected person. With that knowledge, keeping them clean can be as important as keeping ourselves protected in order to avoid becoming ill and maintaining a high level of hygiene and cleanliness. We have therefore created this guide to help you clean your devices effectively.

Always

Use wetting out alcohol wipes. Apple state that using a 70% isopropyl alcohol wipe or disinfectant wipe is ideal for the outside of a handset. To be on the extra safe side, power down the device before cleaning it. If you use a screen protector or protective case, you can clean these gently with warm water and soap. Just make sure you remove them from the phone first. While you CAN use general disinfectant spray, make sure it's sprayed onto a clean, soft cloth first, and not applied directly to the device. It will need to say something along the lines of 'kill 99.9% of bacteria' on it to be effective.

Turn the laptop all the way off before starting any kind of cleaning and always unplug it from the mains. If you can remove the battery of the device, do so. Wipe the screen with a dry microfibre cloth, then thoroughly wet out an alcohol wipe and repeat before returning with a dry cloth. The rest of the laptop can be cleaned with an alcohol wipe, such like a mobile phone, but be careful to wring it out to avoid unnecessary liquid dripping into the inner circuits. Be sure to clean thoroughly on and around the keys and any other buttons, but not between any open cracks.

Remove any batteries the controller might use (these controllers sometimes have batteries in the back.) Use alcohol wipes and be sure to get into the crevices around the sticks as well as all the buttons on a video game controller, then dry it immediately with a microfibre cloth. On a console, pay specific attention to things like the power buttons and disc/cartridge eject buttons if there are any. If you have a vacuum cleaner with an appropriate attachment, use this to remove things like dust or food prior to using an alcohol wipe. A microfibre cloth will also do the job but make sure it's clean and dry before you use it.

Use alcohol wipes like with laptops and keyboards. Make sure they're unplugged and leave them to dry a little after using disinfectant wipes. If you have a hoover with the right attachments, be sure to give it a once over first to remove food and debris. Compressed air is also great for keyboards. Use short, sharp bursts and aim to push dust towards somewhere you can hoover it easily. Lightly dampen a cotton swab with rubbing alcohol and be sure to get between the keys as much as possible. Things like mice, headphones and microphones also need to be disinfected with wipes. If your keyboard is wireless, remove the batteries before you clean it. Don't let any moisture leak inside the keyboard and dry them with a clean microfibre cloth.

Never

Don't submerge the device in bleach or soapy water. Similarly, do not clean the device while it's charging or otherwise plugged into another device. Using alcohol wipes on things like leather cases or other fabric and material should also be avoided as it could damage them. Don't clean phone cases with in-built batteries or other electronics with soap and water. A big thing to remember is to not use straight rubbing alcohol, it can damage the oleophobic and hydrophobic coatings that keep oil and water from damaging the display and ports. Finally, don't use regular household surface cleaners (non-disinfectant ones) on phones and tablets - they are too abrasive and may damage them irreversibly.

As with mobiles, avoid using water to clean the more delicate parts of your laptop such as keys and ports. While some of the more modern phones can be waterproof, laptops aren't and it will almost certainly cause damage and inept.

Do not use soapy water or bleach on the controllers and definitely not on the console itself. Make sure controllers are unplugged and inactive before cleaning them to avoid any problems with the electronics. Similarly, consoles should not be left on and need to be unplugged from the mains before being cleaned. Stay well away from the ports on consoles too, as any liquids could damage the interior.

Don't clean them with warm soapy water. The electronics in these are not designed to be waterproof like some modern mobile phones and tablets. Also, don't use too much rubbing alcohol on keyboards as they could remove the lettering on top of keys.

MOBILE PHONES & TABLETS

LAPTOPS & COMPUTERS

GAME CONTROLLERS (& CONSOLES)

KEYBOARD & MICE

NOS National Online Safety
#WakeUpWednesday

General Tips

1

Don't rub too hard. A gentle swabbing will be sufficient and vigorous cleaning could damage your devices. Wait a few minutes for the disinfectant to work, then wipe it clean.

2

How often you clean your electronics depends on a number of factors such as how much you come into contact with other people, the surface and practical.

3

Keep hands and faces as clean as possible. You'll have to wipe clean electronics less if you're nice and clean using them.

4

Remember, some germs are good and can help build a healthy immune system in children, but you can never be too careful with coronavirus.

5

Do not use regular kitchen sprays to clean devices - often they contain as many or more germs than our phones.

6

Consider using hand sanitizer instead of touching the phone to your face while making a phone call. If there's anything nasty on your phone, the last place you want it is near your face.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and publisher. He is the current gaming editor of one of the biggest gaming news sites in the world, **GAMELOADER** and **GAMEABLE**. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



Sources:

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14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

