



Lanesend Home Learning 04/06/20



Welcome to our latest home learning letter, I do hope you have enjoyed your first week back. It has been lovely to see class mates reconnecting from in school with those at home through our video calls. There have been some very inventive challenges and quizzes going on during these meetings so do try and join in if you can.

It has been lovely seeing your home learning again so please keep those photos coming in to your class teachers it really does brighten up their day. This weeks we have an new 'Trick Box' trick from Mrs Napier and some new PE challenges, plus the June daily activities and lastly some tips on how to 'Maintain Good Mental Wellbeing during lockdown.'

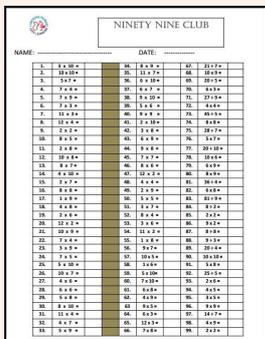
If you are having trouble with accessing any of the learning or have found any useful online resources on your internet travels please let us know. Don't forget we can also deliver printed home learning packs if needed.

The Lanesend Learning Project Overview 04/06/20

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

04/06/20	04/06/20	04/06/20	04/06/20	04/06/20	04/06/20	04/06/20
04/06/20						
						Work A
						Work B

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



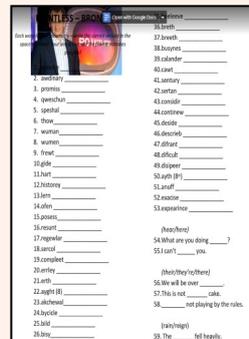
99 Club



100 Word Challenge



Painting of the Week.



Pointless Spelling.



Handwriting Resources



Projects in the Garden.



Creative Projects.



Cartoon/Comic activities.

Magic circle

Why?

When we say things confidently, we get feedback from the world as well as within our body. The more confident experiences we have, the more confident we feel and act. Even imagining feeling confident can have a big impact. We can use other times we have been confident to support building confidence when we need it. We call this an anchor.

How?

Think about what you do that makes you feel really confident. This could be things you enjoy or are good at. Think how your body feels inside when you feel confident doing this thing.

Now you've picked something that makes you feel confident, make a magic circle with your thumb and middle finger. Now close your eyes, breathe through your nose into your tummy and think about doing that thing which makes you feel so confident. Think about how good you feel and squeeze your thumb and middle finger together. Now open your eyes and unsqueeze your fingers. Repeat this 3 times.

When?

Use this trick whenever you experience a new confident moment to strengthen your anchor. Once the anchor is trained, it can be used whenever a confidence boost is needed- all you need to do is make the magic circle.

Give it a go!



PE/Sport Home Activities



Primary Physical Education Teaching Tips

Using Physical Education and Physical Activity as a tool to support pupils' wellbeing



Pupils should **remain** and work in their own area*
*Use cones or chalk to mark out areas where applicable.



Pupils should **not share** equipment in the lesson*
*Equipment should be cleaned both before and after use.



Games should not involve **physical contact** against an opponent or team



Make lessons **safe** but put **FUN** at the forefront of any learning delivered



PE should include physical, cognitive social and emotional **outcomes**



Celebrate success and pupils personal achievements



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

	Suffering loneliness, social isolation and lack of belonging	performance (Outdoor Adventurous Activities including, team building* and problem solving)	teamwork	
	Anxiety, bereavement, trauma or stress	<ul style="list-style-type: none"> • Play (maximise Physical Activity opportunities) • Walking including the daily mile • Yoga, Tai Chi or Dance 	<ul style="list-style-type: none"> • Controlling breathing, controlling emotions and mindfulness • Self expression, how they are feeling 	
	Inactivity (too much time indoors)	<ul style="list-style-type: none"> • Outdoor adventurous challenges (Scavenger hunts) • Athletics (KS1 and KS2 Running, Throwing and Jumping) • Personal Challenges 	<ul style="list-style-type: none"> • Connection with the environment and regaining perspective 	
	Lack of motivation and confidence	<ul style="list-style-type: none"> • Personal Challenges to achieve their personal best (KS1 and KS2 athletics, KS1 locomotion and KS2 games) 	<ul style="list-style-type: none"> • Engaged, confident and showing a willingness to try new things 	

NB: All activities should follow Government Guidance in response to COVID-19 and aPPE safe practise guidelines.





Name: Year Group: School:

ACTIVITY	DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MOVE IT MONDAY	Select a family member to start/stop the music and judge the competition Dance to the music using your best dance moves! When the music stops stay as still as you can Whoever moves last gets the most points					
MUSICAL STATUES	First out – 1 point, Second out – 2 points etc See how many you can score out of 10 attempts					
TRY IT TUESDAY	Each family member should have a balloon or you can share! Keep the balloon in the air using different body parts					
BALLOON KEEP UPS	Every time you touch the balloon and keep it from touching the floor you score a point If the balloon hits the floor start again from 1 How many can you score in 60 seconds					
WORK OUT WEDNESDAY	Start by sitting in a chair with a large ball/object Hold the ball at chest height in two hands Push the ball away from your chest as hard as you can					
CHEST PUCH	Measure how far you have pushed the ball away from the chair Measure where the ball lands first and not where it finishes! Have three or four attempts and record your best score in cms					
TRAIN IT THURSDAY	Choose a family member to race against Decide on the distance and agree a start and finish point					
RACES	Run in a straight line, be careful not to trip Record who wins each race and give points 1 st place 10 - points, 2 nd place – 8 points etc					
Weekdays Finisher	Repeat all the activities and try to beat your score!					

Physical Education COVID Response

Delivery principles



To be considered alongside Government published guidance on Covid-19



Using PE to help your students recover from the impact of Covid-19 and the lockdown

Remember - this is not PE as we know it, it will look very different. Consider how you can respond to the levels of physical activity your young people may/may not have experienced during lockdown.

Use physical activity to improve wellbeing.



PE clothing on PE days

Allowing students to wear PE clothing as their school uniform will remove the issues associated with changing rooms. It will also encourage more young people to maintain activity habits, and will counter some of the time constraints you will be faced with.



Procedures

You will need to consider:

- How will students arrive (and register) in the PE space?
- Where will students leave their belongings?
- How and when will student's wash their hands?
- How will equipment be kept sanitised?
- How will students move to different teaching areas?
- What will happen at the end of the lesson?



Activities

What physical activity can be included as part of your PE curriculum?

- Fitness, yoga, Tai Chi or personal challenges
- Orienteering
- Outdoor activities where students choose how they move
- Target games using individual equipment
- Games that require minimal equipment and no contact
- Use the STEP framework to support your planning
<https://www.youthsporttrust.org/send>



The E in PE

This provides us with the opportunity to explore and develop young people's life skills through the physical activity and challenges they undertake. For example:

- Personal and healthy skills
- Social skills
- Thinking skills



Personal reflection and wellbeing check in

Young people need PE now more than ever. Consider:

- How can you use your expertise to encourage students to maintain physical activity?
- How can you reconnect your students socially while maintaining distancing measures?
- How can you effectively check in with students to ensure they are okay?

Active Learning

Times Table Squats

Number
Multiplication
and division

How to Play:

- With a partner or in a small group decide on a focus times table.
- Take it in turns to squat and shout out the correct multiples in order e.g. for 5 times table; 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers.



$$5 \times 4 = 20$$

Key Vocabulary

Multiple

A number that can be divided by another number a certain number of times without a remainder.

Gold Star

Call out the times table in a random order



Silver Star

Call out the times table backwards



Bronze Star

Complete a times table of your choice in order



Climb the Ladder

Home Physical Education

Can you be honest and only try target 2 when you've hit target 1?

How to play:

- Place 3 targets on the floor in a line, 1m away from each other.
- Using a small object can you throw the object and hit the first target.
- When you have hit the first target, only then can you move onto the next target.
- How many throws does it take to hit all 3 targets?
- If you are playing against a partner, the first player to hit all 3 targets is the winner.



Can you keep trying even if you miss the target?

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand.

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

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>Let's get active in June!</p> <p>Try each of these activities with the people you're with!</p> <p>Challenge yourself to get as many bronze/silver/golds as you can! Keep track and celebrate your achievements!</p> <p>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>Have fun doing a Maths question a day!</p> <p>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. 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.

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

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

Never

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.

MOBILE PHONES & TABLETS

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.

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, much 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.

LAPTOPS & COMPUTERS

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 impact.

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.

GAME CONTROLLERS (& CONSOLES)

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.

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.

KEYBOARD & MICE

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.



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-free devices instead of touching the phone to your face while making a phone call. If there's anything nasty on your phone, that 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 producer. He is the current gaming editor of one of the biggest gaming news sites in the world, GAMELOL and GAMINGOL. 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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<https://www.merrymarks.com/cleaning-tips/quick-tips-how-to-clean-and-disinfect-electronic-devices/>
<https://www.epa.gov/pesticide-registration/for-a-disinfectant-use-against-sars-cov-2>
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<https://www.consumerreports.com/articles/how-to-clean-your-phone-controllers-keyboards-and-7100-6474732/>

HOW TO MAINTAIN GOOD MENTAL WELLBEING DURING ISOLATION

WELLBEING IS ABOUT BEING ABLE TO EXPERIENCE GOOD HEALTH, HAPPINESS AND HIGH LIFE SATISFACTION, INCLUDING MANAGING YOUR STRESS. IT'S NOT ALWAYS EASY TO FIND THE RIGHT STRATEGIES TO ESTABLISH AND MAINTAIN YOUR WELLBEING. OFTEN THE MOST SUCCESSFUL METHODS ARE UNIQUE TO YOU AND ONES THAT CAN BE CONSISTENTLY APPLIED LIKE FOR INSTANCE, EVERY WEEK.

TOP TIPS FOR ALL

MINDSET & THOUGHTS

SOMETIMES, WE CAN ONLY SEE THE PROBLEMS AND CHALLENGES. TRY TO TAKE A FEW MOMENTS EVERY DAY TO REFLECT, PERHAPS THROUGH WRITING IN A JOURNAL OR SPENDING FIVE MINUTES IN THE MORNING TO NOTICE SOMETHING WE CAN BE THANKFUL FOR AND FEEL POSITIVE ABOUT.



KEEP PHYSICALLY ACTIVE

STUDIES SHOW THAT THERE IS APPROXIMATELY A 20-30% LOWER RISK OF DEPRESSION FOR ADULTS PARTICIPATING IN DAILY PHYSICAL ACTIVITY. TRY TO GO FOR A WALK DURING THE WEEK OR JOIN A CLASS OR LOCAL COMMUNITY GROUP. MANY PEOPLE FIND THAT JUST THE CONNECTION WITH THE OUTDOORS HELPS TO 'RESET' THEIR MIND AND WELLBEING FOR THE DAY.



POSITIVE THOUGHTS

WHEN YOUR THOUGHTS ARE OVERWHELMINGLY NEGATIVE, WE CAN FIND IT HARD TO FIND HEADSPACE TO THINK POSITIVELY. TRY THIS... IMAGINE YOU ARE SAT ON TOP OF A HILL AND YOU ARE LOOKING DOWN AT A TRAIN TRACK BELOW WHERE TRAINS ARE COMING AND GOING. NOW IMAGINE THE TRAINS ARE YOUR THOUGHTS. WATCH THEM COME AND GO, BUT DON'T GET ON THE TRAIN. JUST WATCH THE THOUGHTS COME AND GO IN YOUR MIND WITHOUT ACTUALLY FOLLOWING THE NEGATIVE ONES DOWN AN UNHELPFUL/NEGATIVE TRACK JUST WATCH IT PASS!



GOOD QUALITY SLEEP

IF YOUR MIND FEELS FULL UP OR YOUR EMOTIONS ARE OVERWHELMING, YOU WILL FIND IT HARD TO ENJOY A GOOD NIGHT'S SLEEP. THERE ARE LOTS OF FREE MEDITATION AND SOOTHING SOUND VIDEOS ON YOUTUBE (WAVES, RAIN, CALMING MUSIC), OR FIND A PODCAST WHICH IS FUNNY OR HUMOROUS. WRITE YOUR THOUGHTS DOWN ON A PAD OR CREATE A 'TO DO' LIST. THEN PUT THE PAD OUT OF SIGHT UNTIL THE MORNING. DEEP BREATHING FOR AT LEAST 3 MINUTES CAN ALSO HELP, IN SLOWLY THROUGH YOUR NOSE AND OUT SLOWLY THROUGH YOUR MOUTH.



EAT WELL



A 2014 STUDY FOUND HIGH LEVELS OF WELLBEING WERE REPORTED BY INDIVIDUALS WHO ATE MORE FRUIT AND VEGETABLES. THE KEY TO BALANCING EATING WELL WITH BUSY FAMILY LIFE IS TO PLAN AHEAD. IF YOU CAN PLAN WEEKDAY MEALS AND BUY THE INGREDIENTS AHEAD OF TIME THIS REDUCES THE NUMBER OF 'LAST MINUTE' UNHEALTHY MEALS.

ACCEPTING HELP

WE MUST BE ABLE TO LEAN ON OTHERS WHEN NECESSARY. IT IS UNREASONABLE FOR US TO ASSUME WE WILL NEVER NEED HELP THROUGHOUT OUR LIFE. THIS MEANS ACCEPTING HELP WHICH MAY BE VOLUNTEERED OR ASKING WHEN THE NEED ARISES. THE HELP COULD BE THROUGH A FRIEND, RELATIVE OR SERVICE YOU TRUST, INCLUDING NATIONAL HELPLINES.



DOING GOOD DOES YOU GOOD

THERE IS A STRONG RELATIONSHIP BETWEEN WELLBEING AND COMPASSION. DOING GOOD CAN HELP LOWER STRESS LEVELS AND IMPROVE YOUR WELLBEING AND MENTAL HEALTH. HOWEVER, THIS CAN ALSO WORK THE OTHER WAY AND YOU SHOULD ALWAYS ENSURE THAT YOU ARE NOT HELPING OTHERS AT THE COST OF YOUR OWN WELLBEING.



STAYING CONNECTED

HIGHER RATES OF MENTAL HEALTH PROBLEMS, SUCH AS DEPRESSION AND ANXIETY, ARE ASSOCIATED WITH LONELINESS AND SOCIAL ISOLATION. OFTEN SOCIALISING WITH OTHERS CAN FEEL LIKE A LOT OF EFFORT IN THE EVENING WHEN WE'RE TIRED. HOWEVER, HEALTHY RELATIONSHIPS AND CONNECTIONS TO OTHERS HAVE A SIGNIFICANT IMPACT ON MAINTAINING GOOD WELLBEING. USING VIDEO CALLS, LIVE STREAMING OR 'FACETIME' IS A GREAT WAY TO KEEP IN TOUCH WITH FRIENDS AND FAMILY IF YOU'RE FEELING ISOLATED. IF YOU PREFER CALLING, PICK UP THE PHONE FOR A CHAT. MAINTAINING GOOD RELATIONSHIPS HELPS TO SET A GOOD EXAMPLE FOR CHILDREN, AS THEY NOTICE AND IMITATE THE BEHAVIOUR AND EMOTIONS OF THOSE AROUND THEM.



The National College®

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.



FOR FURTHER INFO, CHECK OUT THESE ONLINE RESOURCES:

<https://www.nhs.uk>

<https://www.mentalhealth.org.uk>

<https://www.livingwell.org.au>

<https://www.mentalhealth.org.uk>