



Learning at JIS – from Cath Wan, Deputy Principal/ PYP Coordinator

School Closure, Family Wellness and Easter Break

As we close our online classrooms for Easter Break, first of all, I must say a huge thank you to the whole JIS community for their kindness and respect towards our community and the commitment to the ongoing learning and well-being of our students. The last 9 weeks have been challenging for everyone, but we are a caring community and with our children's well-being at the centre of everything we do, we will get through this challenge together.

Below, I have resources to help you and your family catch a breath, rejuvenate and be ready for another term, whichever format it takes, in a few weeks. Ideally, the holidays should be a time for families to connect and just enjoy being together, but we all know that with social distancing, our usual Hong Kong leisure activities closed and children going stir crazy at home, sometimes we need a little help. The resources are aimed to help you prioritise health and well-being through exercise, playfulness and rest.

Unplugging from the screen:

Get out in nature if you can.

If not:

- An indoor "Easter Egg" hunt (or candy hunt, or coin hunt)
- Board games/ card games
- Jigsaw puzzles
- Snuggle up with a book
- Put on a favourite upbeat song and literally 'dance like no-one is watching' – the sillier the better if you're with your children. (Just like the JIS "Happy" video!)
- If you haven't already, use the Friday Challenge ideas (no need to post them) –just for fun!
- "Indoor camping" – create a 'tent' with sheets etc (or an actual tent) in your apartment or outside if you can. (I did this with my own children when they were in primary school – my living room was a big mess as they invited teddies and really got imaginative. My living room was a mess, but I had a nearly 2 days of relative peace and quiet!)



- “Crabby Clean up” Tidy while walking like a crab. Carry items on your belly across the room to put them away. Do the same hopping like a frog; walking on all fours like a cat etc etc.
- Play limbo using a broom.
- Between the knees: Gather rounded objects of varying size. Starting with the largest, try walking around your house with the item between your knees.
- Play “elastics”. Here is a video on how to play:
<https://www.youtube.com/watch?v=znkZx5CSTFs>



Lists for non-screen activities:

<https://medium.com/pobble/simple-and-fun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c>

<https://www.greenqueen.com.hk/18-screen-free-indoor-activities-to-do-during-the-coronavirus-pandemic/>

<https://savedyouaspot.com/2020/03/12/20-screen-free-things-to-do-with-your-kids-indoors-when-school-is-closed/>

<https://whatmomslove.com/kids/active-indoor-games-activities-for-kids-to-burn-energy/>

We are human, however, and there will be times when you do want to just put your child in front of a screen.

Here are a few ideas:

Yoga for kids:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/watch?v=X655B4ISakg>

There are also lots of family work out/ movement videos on You Tube

There are plenty of free author stories on line at the moment. Here are a few:

Todd Parr https://www.youtube.com/channel/UCrVYw0RG-Lip6D7jhWdE_zQ

Grace Lin https://www.youtube.com/watch?v=q29QV_T4de4&feature=youtu.be

Jerry Pallotta <https://www.youtube.com/watch?v=NbodYtWCcd8&feature=youtu.be>

Mo Willems <http://pigeonpresents.com/>

Dan Gutman <https://dangutman.com/>

A variety of authors: <https://kidlit.tv/>

Wishing you all a wonderful Easter break!