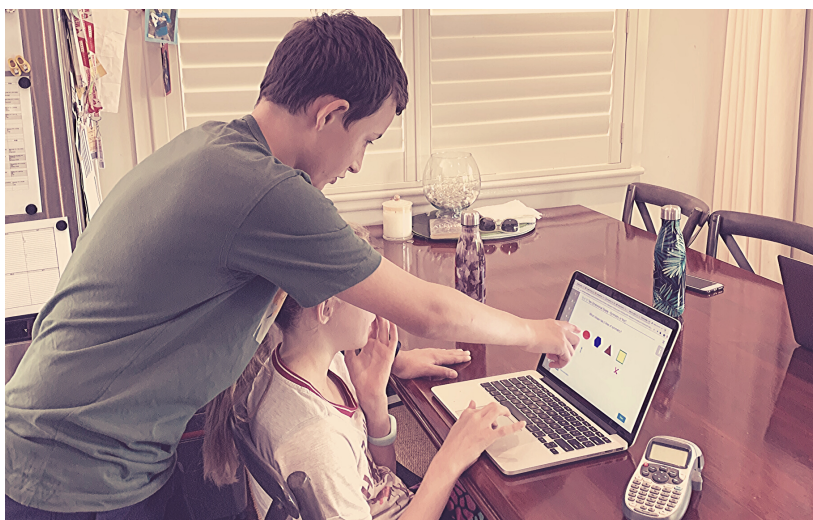

MAR. 2020, ISSUE 1

Helping You Work From Home + Home School

Interview/Confidence Coach & Mum Tanja - Shares Survival Ideas



CREATING A DAILY SCHOOL SCHEDULE

PE CLASS IDEAS

INDOOR GAMES & KIDS PODCASTS

STUFF FOR 0-5 YEAR OLDS

WISE WORDS FROM A PRINCIPAL

HOW TO MAKE SURFACE SPRAY AT HOME

Intro From Tanja

Dear everyone

My name is Tanja and I am one of the coaches working with **KirstyAnne Ferguson.com**. Like so many of you, I have gone from full time working parent, to stay at home mum with 2 kids. In the past week my work has disappeared. My kids are 10 and 12, so primary & high school.

My husband is also working from home and our house is not big. Sooooo... it's been a challenge adapting to this new way of life. To add to the fun, mum is in lockdown in France and my sister in Belgium, so it's WhatsApp chaos in the background.

I've spent the last 2 days googling like mad how to entertain the kids, how to make home schooling work and how to make surface disinfectant, as you can't find any in the stores!

Kirsty asked me yesterday; "Hey Tan, you are so organised... I am sure you have some tips for other parents who find themselves in the same situation as you. Can you share?"

So here goes nothing, hope my tips help you survive being stuck in the house with kids. If you have any great ideas, please email us, so we can share them with our community.

info@highschooltohireable.com.au

Create A Daily Schedule

Tanja's Daily Schedule

I have created a weekday schedule that incorporates online schoolwork, recess, lunch, fun activities and PE time.

It's not that we slavishly follow this to the minute, but I have found that the kids love having a bit of a routine.

We'll share that as an excel spreadsheet so you can amend it for your family. On the first page is a picture of my kids doing Mathletics together yesterday.

Email me for a copy: info@highschooltohireable.com.au

Weekday schedule

Time	Activity
8:30AM - 9:00AM	Clean up house, get ready for work from home and schooltime
9:00 AM - 10:45 AM	Google Classrooms - do work given by teachers
10:45 AM - 11:15 AM	Recess/Break
11:15 AM - 12:30 AM	Google Classrooms - do work given by teachers Persuasive writing Assessment work Maths/Mathletics
12:30 AM- 1:30 AM	Lunch/Break
1:30 PM - 2:00 PM	Read a book (or Google Classrooms if needed)
2:00PM - 3:00PM	Create Arts & Craft Modelling clay Paper maché Drawing Wood working Computer coding Visit a museum online
3:00PM - 3.30PM	Family PE TIME! Can be: PE lesson online Yoga lesson online Circuit training at home
3:00PM - 4:00PPM	Afternoon snack
4:00PM - 5:30PM	FREE TIME/PLAYTIME Minecraft with friends online Acro, Dance or Physie (online classes) Watch a movie Play with the dog, play in the yard, skip rope Jump on the trampoline Games on the ipad/phone, FaceTime friends Play with toys or do board games
5:30PM - 6:00PM	Cook dinner together/ learn how to cook a dish or continue playtime if not helping with dinner :-)



#11 ON TRENDING

P.E with Joe | Monday 23rd March 2020

4,048,494 views

67K

PE with Joe

Tanja Found This Guy!

Genius! Search on YouTube for: PE with Joe Wicks.

Found it last night and will start doing it myself with the kids today. I tried to do a PE class with my kids in the backyard yesterday and I ran out of ideas in about 4 minutes flat. Epic fail.

This guy (UK PE Teacher) started doing free 30 minute PE classes in his living room every day, starting this Monday March 23. Link to his first class here:

<https://www.youtube.com/watch?v=Rz0go1pTda8&feature=youtu.be>

Indoor Games, Activities, Podcasts & Links

Tanja Is Using 'Big Life Journal'

One of my dear friends who is a school counsellor shared a 10 page document called "Indoor Games and Activities" created by Big Life Journal.

Link to their freebies page incl this document here: <https://biglifejournal.com/pages/freebies>.

My nearly 13 year old (going on 17) was scrolling through and said – these ideas are for babies, nothing cool. Until he got to page 10 and his eyes lit up.

"Hey mum! This is sooooo cool! I am going to watch the top 5 Ted Talks about Technology and Science! And there are a heap of great podcasts ideas for kids too!"

MORE STUFF FOR OLDER KIDS

My son is obsessed with SBS On Demand: Planet Expedition with Steve Backshall
<https://www.sbs.com.au/ondemand/program/planet-expedition>

He also loves trains:
<https://www.sbs.com.au/ondemand/program/great-australian-railway-journeys>

Last tip from my son - the Smithsonian Museum just released nearly 3 million images from 19 museums and their zoo to use for free: <https://www.si.edu/openaccess>.

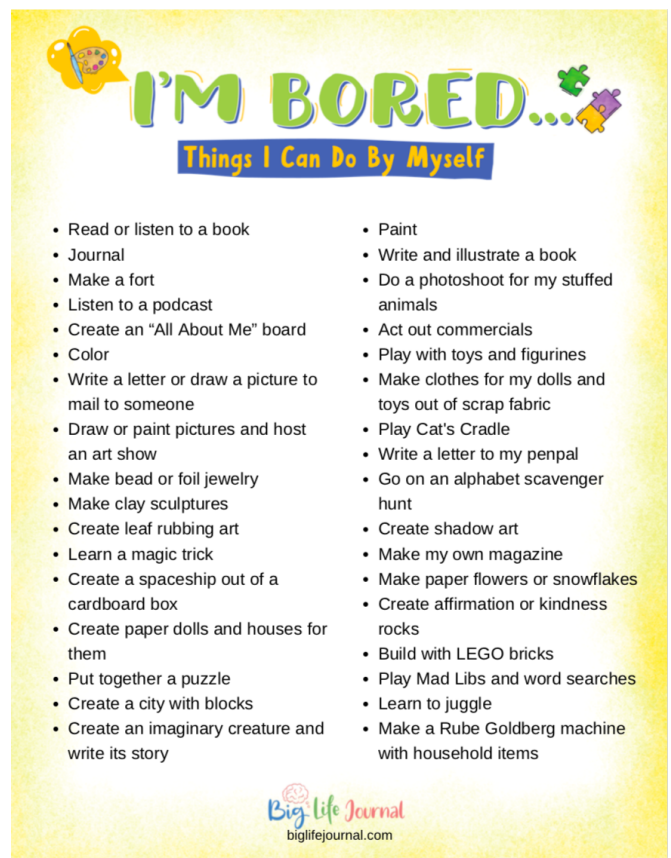
Some stuff to get creative with.

OTHER COOL STUFF

[Virtual Tours Blog](#).

&

Sealife Sydney and Sydney Zoo are live streaming feeding times: <https://www.facebook.com/sydneyaquarium/>



Parents with 0-5 Year Olds

Sample Paper Mache World - by Tanja's Kids

Parents with really young kids, you have it the toughest and my heart goes out to you.

To help retain your sanity, have a look at the "Calm" app. It's not free, but worth it. <https://app.www.calm.com/homepage>

My youngest still listens to a sleep story every night (but won't admit it!) It has lots of things for your mental health (to help sleep, guided meditation, relaxation, breathing etc) as well as LOTS for little kids.

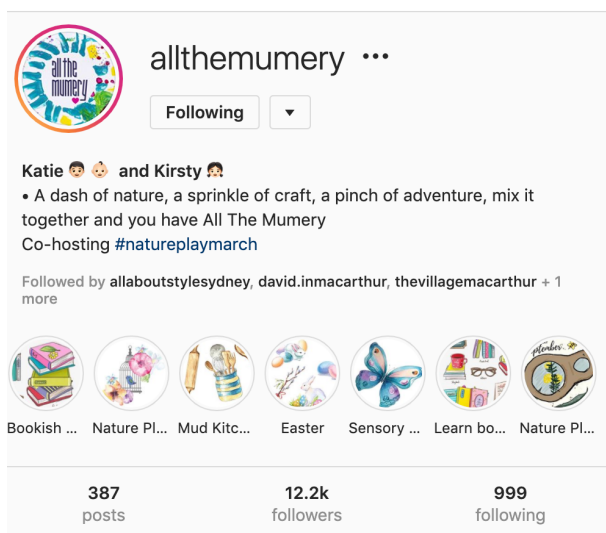
Especially have a look at the "Calm Kids" section. Kids sleep stories, meditations, lullabies and soundscapes. The Calm Kids section might help you cut that time of having to sit next to the cot and pat your bub for 1 hour at lunchtime while trying to answer emails on your phone with the other hand (I don't remember those days fondly).

Hack for parents of cheeky 0-5 year old's who can't be trusted with a phone in the room: Download the app on your iPad, connect it to a Bluetooth speaker and put the speaker in the kids (bed)room. So you can keep making calls/work of course, you need your phone. And that way they can't start gaming while you were trying to get them to sleep/chill out. 😊

Also to try with the littler ones (& bored bigger ones): paper mache & home made modelling clay made with pantry items.
Paper mache: <https://www.youtube.com/watch?v=ba2ePeEiF2E>
Home made Clay: <https://www.youtube.com/watch?v=drZc68ISwxY>



Instagram



Insta Suggestion

#allthemumery

A great place to connect with like minded, interactive parents is Kirsty and Katie at [all the mumery](https://www.instagram.com/allthemumery).

An entire world of play ideas including:

- Learning Boards
- Play Challenges
- Play Creatively
- Mud Kitchen
- Bookish Play



Wise & kind words written by a principal, about the weeks & months ahead that really helped my mindset.

Dear parents with school aged children.

You might be inclined to create a minute by minute schedule for your kids. You have high hopes of hours of learning, including online activities, science experiments, and book reports. You'll limit technology until everything is done!

But here's the thing... our kids are just as scared as we are right now. Our kids not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before.

Although the idea of being off of school for weeks sounds awesome, they are probably picturing a fun time like summer break, not the reality of being trapped at home and not seeing their friends. Over the coming weeks, you will see an increase in behaviour issues with your kids. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What kids need right now is to feel comforted and loved. To feel like it's all going to be ok. And that might mean that you tear up your perfect schedule and love your kids a bit more. Play outside. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single kid is in this boat and they all will be ok. When we are back in the classroom, we will all course correct and meet them where they are. Teachers are experts at this!

Don't pick fights with your kids because they don't want to do math. Don't scream at your kids for not following the schedule. Don't mandate 2 hours of learning time if they are resisting it.

If I can leave you with one thing, it's this: at the end of all of this, your kids' mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day.

Home Made Surface Disinfectant

Super-cheap-easy-to-make-disinfectant for surfaces that kills Covid-19?

Rinse out an empty spray old bottle.
Then add 9 parts Methylated Spirit
1 part Aloe Vera gel/spray.

Shake & done.

Our local IGA sold methylated spirits and you can find Aloe Vera in the sun crème section. Add a few drops of lavender oil or tea tree oil for a nice scent. I use it for door handles etc.



**Job interview
skills & confidence
webinar program for
High School Students.**
Developed in consultation
with **parents, school
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Hang In There Everyone

The High School To Hireable Team

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