

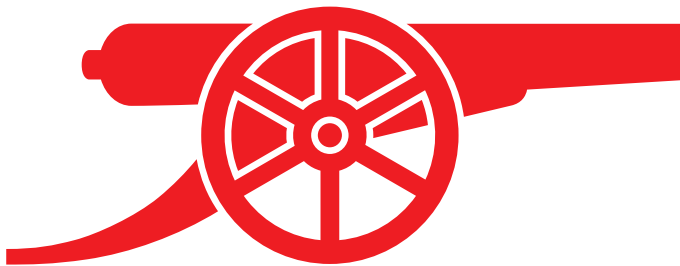
RESPECT, DISCIPLINE, HUMILITY

STRONG YOUNG GUNNERS

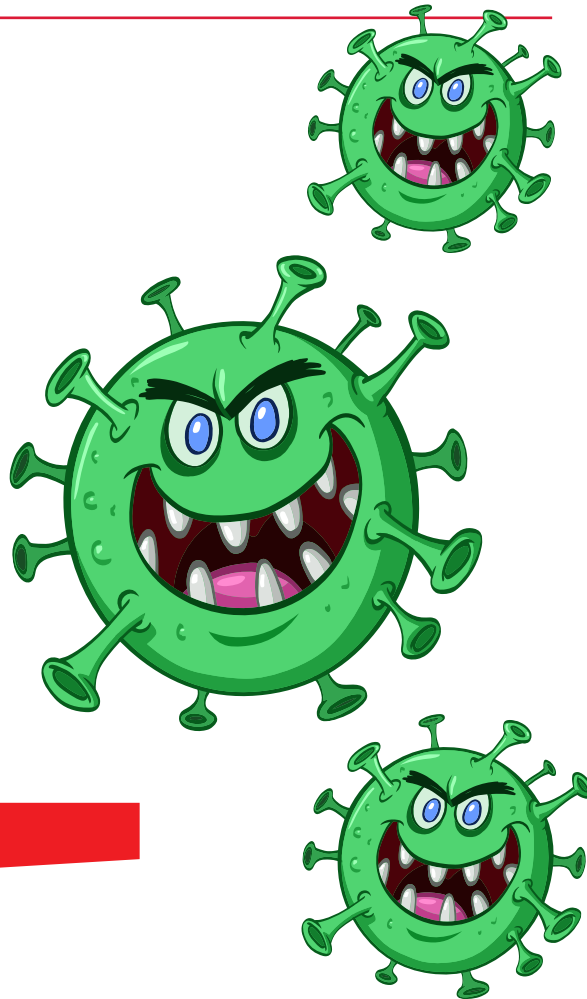
BE TOGETHER

AFC STAY-AT-HOME CHALLENGE

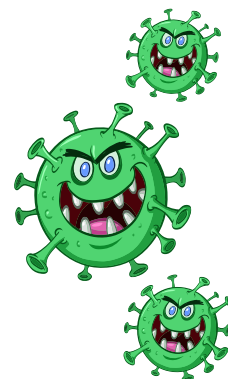
**ISOLATION
BOREDOM?
BEAT YOUR
PARENTS TO
BEAT THE VIRUS**



**STAY AT HOME
BEAT THE VIRUS**



AFC STAY-AT-HOME CHALLENGE



BEAT YOUR PARENTS TO BEAT THE VIRUS

Isolation boredom? Use this daily checklist to help stay active, manage healthy routines, and look after your mind & body while staying at home.

Being kept indoors for a long time is difficult; keeping a regular routine, and doing regular activities, will help this tough period go more smoothly.

MONTHLY CHALLENGE			
YOUR SCORE			
PARENTS SCORE			
	1	2	
3	4	5	
6	7	8	
9	10	11	
12	13	14	
15	16	17	
18	19	20	
21	22	23	
24	25	26	
27	28	29	
30	31	TOTAL	

STAYING ACTIVE – BODY & MIND

1 POINT PER STAR JUMP

How many star jumps can you do in 30 seconds?

20 POINTS Do a total of 100 kick-ups today

20 POINTS Spend 60 minutes exercising today

20 POINTS Do 30 minutes of reading today

30 POINTS Create a gymnastics/dance routine and perform it to the family

WELLBEING

10 POINTS FaceTime/phone a friend, teammate, or relative

20 POINTS Teach a sibling/relative a new skill

50 POINTS Complete all your schoolwork activities/tasks for today

60 POINTS Write a letter or draw a picture for your local hospital

HEALTHY HABITS

10 POINTS (MAX 50 POINTS PER DAY) Eat a piece of fruit today

20 POINTS Drink 5 glasses of water today

20 POINTS Sleep for 9-10 hours last night

20 POINTS Wash your hands regularly today, for at least 20 seconds

20 POINTS Play or create a game with all family members



STAYING HEALTHY AND ACTIVE DURING THE COVID 19 OUTBREAK

STEPS TO PROTECT YOUR LOVED ONES FROM BECOMING UNWELL

- Clean hands often using soap and water or alcohol-based hand gel
- Do not leave your home unless essential (groceries, medical appointments or one period of exercise with social distancing)
- Self-isolate if you are living with people who are sick (Fever, new continuous cough or shortness of breath, 14 days if you remain well but live with someone who is unwell or 7 days from start of symptoms)
- Clean and disinfect high-touch surfaces daily in household common areas (e.g. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks)
- Launder items including washable plush toys as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.



HELP CHILDREN CONTINUE LEARNING

- Many schools are offering lessons online (virtual learning). Review assignments from the school, and help your child establish a reasonable pace for completing the work.
- Communicate challenges to your school. If you face technology or connectivity issues, or if your child is having a hard time completing assignments, let their school know.

Allow flexibility in the schedule—it's okay to adapt based on your day

CREATE A SCHEDULE AND ROUTINE FOR LEARNING AT HOME, BUT REMAIN FLEXIBLE

- Have consistent bedtimes and get up at the same time, Monday through Friday.
- NHS Guidelines suggest children 8-12 should sleep between 9-10 hours a night.
- Structure the day for learning, free time, healthy meals and snacks, and physical activity.
- Allow flexibility in the schedule—it's okay to adapt based on your day.



TIPS TO REMAIN HEALTHY, PRODUCTIVE AND ACTIVE

LOOK FOR WAYS TO MAKE LEARNING FUN

- Have hands-on activities, like puzzles, painting, drawing, and making things.
- Independent play can also be used in place of structured learning. Encourage children to be creative where possible.
- Practice handwriting and grammar by writing letters to family members. This is a great way to connect and limit face-to-face contact.
- Start a journal with your child to document this time and discuss the shared experience.
- Use audiobooks or see if your local library is hosting virtual or live-streamed reading events.

HELPING CHILDREN AND YOUNG PEOPLE COPE WITH STRESS

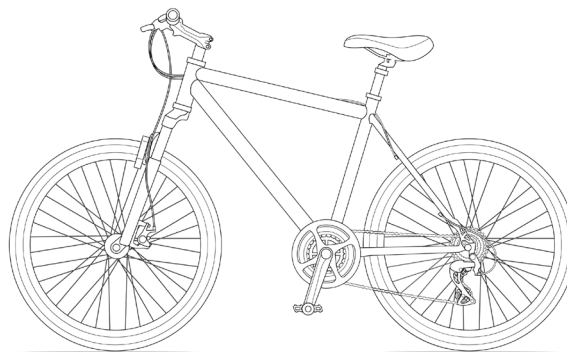
- **Listen and acknowledge**
Children and young people may respond to stress in different ways. Listen to them, acknowledge their concerns, and give them extra love and attention if they need it.
- **Provide clear information about the situation**
All children and young people want to feel that their parents and caregivers can keep them safe. The best way to achieve this is by talking openly about what is happening and providing honest answers to any questions they have.
- **Be aware of your own reactions**
Remember that children and young people often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important.
- **Connect regularly**
If it is necessary for you or your children to be in a different location to normal (for example, staying at home in different locations or hospitalisation) make sure you still have regular and frequent contact via the phone or video calls with them. Try to help your child understand what arrangements are being made for them and why in simple terms
- **Limit exposure to media and talk about what they have seen and heard**
Children and young people, like adults, may become more distressed if they see repeated coverage of the outbreak in the media. A complete news blackout is also rarely helpful as they are likely to find out from other sources, such as online or through friends.

Remember that children and young people often take their emotional cues from the important adults in their lives, so how you respond to the situation is very important

TIPS TO REMAIN HEALTHY, PRODUCTIVE AND ACTIVE

HELP YOUR CHILD STAY ACTIVE

- Encourage your child to play indoors, in the garden or outdoors once a day—it's great for physical and mental health. Take a walk with your child or go on a bike ride whilst respecting public health guidance.
- Use indoor activity breaks (e.g. exercise breaks, dance breaks) throughout the day to help your child stay healthy and focused.
- Encourage your child to eat a wide range of foods including eating a rainbow of colours throughout the day.
- Allow them to help you in the kitchen, encouraging them to think about what foods they could be eating and preparing for the whole family. Help your child stay socially connected.
- Reach out to friends and family via phone or video chats.
- Write cards or letters to family members they may not be able to visit.



Encourage your child to eat a wide range of foods including eating a rainbow of colours throughout the day

FOR FURTHER INFORMATION PLEASE SEE RESOURCES/LINKS BELOW

- **Government COVID Advice**
<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>
- **NHS Sleep guidance**
<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need>
- **The FA Interactive activities**
www.thefa.com/get-involved/footballs-staying-home
- **Mental Health**
<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>
- **Explaining the Coronavirus to children – illustrated by Axel Scheffler**
<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler>



DAILY TIMETABLE

TIME	ACTIVITY	IDEAS
Before 9am		
9:00 - 10:00		
10:00 - 11:00		
11:00 - 12:00		
12:00 - 13:00		
13:00 - 14:00		
14:00 - 15:00		
15:00 - 16:00		
16:00 - 17:00		
17:00 - 18:00		
18:00 - 19:00		
After 7pm		



STAY AT HOME, SAVE LIVES



ONLY LEAVE THE HOUSE FOR THESE REASONS



**SHOPPING FOR
BASIC NECESSITIES**



**ONE FORM OF
EXERCISE A DAY**



**ESSENTIAL
MEDICAL
NEEDS**



**TRAVELLING TO AND
FROM WORK IF
ABSOLUTELY NECESSARY**



HOME NUTRITION

STAY HYDRATED

Staying well hydrated should be one of your top priorities! Not only does being hydrated help support your immune system, it will keep you alert and feeling full.

AIM

- At least 2-3 Litres of fluids per day
- Make your own DIY sports drinks (1 litre water, Squash, Pinch of salt)



KEEP FUELLED

You may find that your appetite is reduced since you might not be as active as normal. However it is still important to keep yourself fuelled to help you grow.

TRY

- Try smoothies if your appetite is low
- Plenty of high volume foods (veg)
- Stay away from sugary packed drinks and foods

PROTEIN INTAKE

Protein is the primary component of your muscles. Continuing to eat plenty of protein throughout the day will help continue muscle and normal growth development.

AIM

- Palm size protein source every 3 hours
- Mix it up - some meat, some fish and some plant based!

IMMUNE FOODS

Really try to support your immune system and keep your health as a top priority. Aim to eat your 5 portions of fruit/vegetables a day. Eat a rainbow of colour.

KEY ONES

- Vitamin C - citrus fruits, red peppers
- Vitamin A - eggs, liver, green leafy veg
- Omega-3 - oily fish, flax seeds, eggs
- Zinc - pork, shellfish

SMART SWAPS

As you may be a little bored sat inside, eating out of boredom may happen. However try to choose filling and more nutrient dense options.

SWAP

- Coke ---> Coke Zero
- Ben & Jerry's ---> Oppo Icecream
- Biscuits ---> Fibre One Bar
- Crisps ---> Snack-a-Jacks
- Muller Corner ---> Greek Yoghurt & berries

TRY SOMETHING NEW

During this time, try to keep busy. Try something new in the kitchen, if you don't know how to cook, ask, or help to create new recipes for your family.

TRY

- Ask your mum/dad if you can help in the kitchen.
- A new food you might not have had before.
- Be open to experimenting.



FREE DAILY RESOURCES FOR CHILDREN



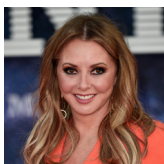
PE WITH JOE WICKS ON YOUTUBE

Weekdays at 9am but you can visit any time on YouTube to view the workout.



SCIENCE WITH MADDIE MOATE ON YOUTUBE

Weekdays at 11am, Maddie and Greg chat about science and nature!



MATHS WITH CAROL VORDERMAN

Free access to her maths website:
www.themathsfactor.com



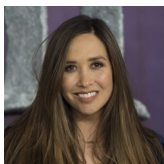
WILDLIFE WITH STEVE BACKSHALL ON FACEBOOK

Every day at 9.30am for answering all your wildlife, biology, conservation, geography and exploration questions.



DANCE WITH OTI MABUSE ON FACEBOOK

Every day at 11.30am but children can view the class at any time.



MUSIC WITH MYLENE KLASS ON YOUTUBE

Twice a week but can view at any time.



STORYTIME WITH DAVID WALLIAMS

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com