

ACTIVITIES DURING SCHOOL SUSPENSIONS

Key points

1. Choose an activity that your child enjoys. They will be motivated if they like it!
2. Be involved! Involving parents, siblings, grandparents and carers can keep each other motivated.
3. Make a weekly plan with your child, and agree to the schedule.

Activity “snacking”

- Activity “snacks” are multiple short activities that are spread throughout the day.
- For example, you can have 5-10 minute activities. At the end of the day, you can have a total of 60 minutes of activities with your child.
- This approach helps break the amount of time your child spends sitting or using screens.

Examples of activities

- Outdoor activities: if possible to go outdoors, you can engage your child to do walking, cycling, running or playing in the playground. Just make sure that they follow health guidelines like wearing masks and using hand sanitisers.
- Indoor activities: if you have to stay indoors, you can do dancing, yoga, and follow children’s fitness/play videos on YouTube

