

Be a home hero!



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When we think of heroes



we think of them fighting crime



Talking Points

- What do you think it takes to be a hero?
- Who are your heroes?
- What do they have in common?

But you can be a superhero



Just by staying at home!



Talking Points

- Do you know why we have to stay at home?
- IDEAS for further exploration:
<https://www.bbc.co.uk/cbeebies/watch/germs-experiment>

By reading, playing



and spending time with people who love you



Talking Points

- What are you looking forward to about being at home?
- What would you like to make sure we do while we are at home?
- 5 things I love about spending time with you!

You get to keep others safe



And make the world a better place!



Talking Points

- "Usually we spend a lot of time with other people and in groups. The Coronavirus loves passing from one person to another so we need to stay apart for a little while so we can stop the Coronavirus passing to other people. This is how we will keep everyone around us well. Every one of us has a role in keeping others safe. Do you have any questions about that?"

It might feel a little strange



Not seeing some of the people you care about a LOT



Talking Points

- Who will you miss seeing? What do you like about seeing them?

But you will stay connected



and maybe you can see each other on the phone or even write letters



Talking Points

- How shall we make sure we keep talking to those people?
- Ideas – send photos of activities to nursery and school friends, online video calls, ask family members to do 'lessons' online, start an email account for older children, send letters and pictures for younger children

And if you feel sad
or strange



**You can speak to a parent or
someone who cares for you**



Talking Points

- How are you feeling at the moment?
- Acknowledge that it is ok to have big feelings about this, everyone in the world is getting used to a new way of life; But it is only for a little while, and we will get through it together.
- Notice if your child talks about fear and explore what they are scared about – it's not always what we expect

Imagine that!



Just by having fun at
home, and washing your
hands....



Talking Points

- What fun thing shall we make sure we do today?
- What song shall we sing today when we are washing our hands?

You



ARE A HERO!

Can you draw yourself as a superhero?

FOR YOUNGER CHILDREN [CLICK HERE](#) FOR SOME
COLOURING IN SHEETS



A Few Resources

- In our Village Facebook group we have lots of information on talking to kids and supporting yourself and each other, from experienced psychologists.

<https://www.facebook.com/groups/visforvillage/>

- Here is a useful article on answering common questions for parents

<https://www.vox.com/2020/3/20/21186739/coronavirus-kids-parents-covid-19-pandemic-parenting>

- An app collating useful resources and ideas for keeping kids educated and entertained at home

[https://diftk.glideapp.io/?](https://diftk.glideapp.io/?fbclid=IwAR0qRmLoTlnVPTYdyjYUBp3v3ji0GJwOXqb5bwZHJHsySne-JCCfIjR-Dhk)

[fbclid=IwAR0qRmLoTlnVPTYdyjYUBp3v3ji0GJwOXqb5bwZHJHsySne-JCCfIjR-Dhk](https://diftk.glideapp.io/?fbclid=IwAR0qRmLoTlnVPTYdyjYUBp3v3ji0GJwOXqb5bwZHJHsySne-JCCfIjR-Dhk)