

Each year we have a visit from the Life Education Bus. Harold is well known to many of the children at Sheepy who have been with us for a few years. They are offering daily blogs and activities which would be fantastic to share and work through with your children. All the information is below

Harold – our happy, healthy giraffe mascot and a favourite with children – will be posting a daily blog: **Harold's Daily Diary!** Here's the link to it: https://www.coramlifeeducation.org.uk/harolds-daily-diary

Each day he'll be giving children positive, fun messages about what he's doing to stay happy and healthy while he's off school, separated from his friends. He'll invite the children to join in with activities he's doing.

He'll be giving children ideas for how he – and they – can get a routine going for their day, including the things we all need to do to live a balanced, healthy life. These include:

- Taking regular exercise
- Being creative
- Helping others
- Connecting with others – in ways that are safe
- Mindfulness – learning to enjoy the moment, here and now.

We know that having a routine and structure will be very important to all of us at this challenging time. For children, in particular, routines help to provide a sense of security that will help a lot at this time of uncertainty.

Each day we'll be putting different activities onto our **Harold's Daily Diary** page. There will be activities for different age groups – something for everyone! These will help children to complete their own Daily Plan. All the activities are family-friendly, so siblings or whole families who are at home together will be able to do things together.

Harold will update his blog at 9a.m. every day from Monday to Friday (there'll be a break at weekends).