

Purrclaw the cat.

Designing your own indoor cat!

You will need:

Your imagination! Paper, pens, pencils. Any available arts & crafts that you would like to use.

Begin: Read the short story below, or read it with an adult

Setting the scene:

Purrclaw was an indoor cat. He was a bored cat. He wanted adventure, but he wasn't allowed out. All the humans in the city were in lockdown. They could only leave their homes for shopping essentials or for a daily walk. The City of Catshiredom had changed within the space of a few weeks. Everyone's lives had suddenly become different. Purrclaw desperately wanted adventure. Because he was a lively cat, he really wanted to investigate outside. Purrclaw longed to feel the fresh air, the grass under his paws and the smells of fresh bin bags waiting for him to tear open & devour the left over scraps inside! Purrclaw felt grumpy. Why did he have to stay inside this boring house with boring humans. Why did he have to chase a stupid toy mouse instead of a big black spider crawling on the wall?! How could Purrclaw improve his life? How could he find more interesting activities to entertain him? How could Purrclaw escape this existence?!

Now begin...

Firstly design your own cat. What does Purrclaw look like? Draw and colour in a lovely picture of your cat. How could you describe his

personality? What activities could you create for him to feel happier, more active & less bored?!

Each day this week;

Try to think of different adventures for Purrclaw (change his/her name if you want to) Think about where Purrclaw lives, what does his house look like? What is inside his house? Make up a booklet if you like, of all the different ideas... Purrclaw's house, the rooms inside his house, activities, what do his humans look like? Write more adventures about Purrclaw.

I'm scared!

To read with your child;

Justin's Dilema...My name is Justin & I'm scared. I'm worried that someone in my family is going to get coronavirus and die. Everything is different & I just want things to be back like they were before. I want to go to school, I want to go to my favourite restaurant with my family. I want to go visit my grandma. I want to get on the plane and go on holiday with my family. It's not fair because our holiday got cancelled. Mum was taking me to swim in a deep blue sea, I can't go now. There are so many things I want to do. I want to go to the park with all my friends, but I can't.

I can make myself feel a bit better, by remembering that some of my friends feel the same. They are worried too. Sometimes they

feel sick too because they are worried. I need to remember that if my family are being safe and staying alert, they are more likely to stay well. I need to remember that I am with my family and that we are all trying to stay safe together. Sometimes we do have lots of fun! We play computer games together, we bake cakes & we sit in the garden, we enjoy BBQs and we go for a walk. I need to remember that when this lockdown is all over, there will be aeroplanes in the sky again. There will not be as many birds in my garden like there are now. Also, I need to remember that the environment will become much more noisy again & more polluted. There are some good things about the lockdown, even though I wish things could be like they were before.

It is ok to feel worried about changes. It is ok to feel scared about things. It is ok to share your feelings with your family & friends. It is ok to be honest about how you feel. It is ok to ask an adult to talk with you about coronavirus & how as a country we are all working together to help keep safe.

I am going to try to not worry, I am going to talk to my family about how I feel. I am going to share my worries. My name is Justin & I am starting to feel a bit better

Now...

Sit somewhere quiet. Close your eyes & think about all the fun things you are doing together as a family. Try to feel yourself relaxing, sitting still & very safe. Take some big deep breaths & feel your mind & body resting.

Next, see if you can find some Lego or other construction sets in your play area. Imagine building yourself & your family a safe structure, you can remain in this safe place together & come out whenever you like or whenever it is safe to do so.

Begin:

Build a model of the structure around you. What would the structure look like, how would you build it. Would it have any special features? Would it be real or invisible. Would it be colourful or one shade of colour. How would you keep it warm. How could you let in fresh air. Would you make it full of food, if so what sort of food. What would come out of the taps alongside fresh water. There are lots of ideas, what can you think of?

When I go back to school.

Using our imaginations...

Create a picture diary. Start with a plain piece of paper. Write on it 'Day One'

Firstly...Sit back, close your eyes.

Imagine what it will be like to arrive at the school gates again. How do you think you will feel? Excited, happy, nervous or worried. Or a mixture of feelings, like excited but nervous all at the same time. How do you think your friends will be feeling?

Begin:

Day 1: draw or write about the first thing you imagine you'll see on arrival at the school gate. Is it your friend, a teacher, a car, someone walking past with their dog...can you see people keeping 2 metres apart, how does it feel? Think about how you will feel when you see the teachers in your year group, what has changed about

their appearance (maybe they haven't had a hair cut either!) Will you be in a class 'bubble' with other school friends or do you think a small social group may have a different name? How do you think this will work out.

Design the 5 pages for your new diary. You've started with day 1 for Monday & now continue every day until Friday. Each day, imagine what happens, what are you doing? What are you learning? who are you with? Think about how are you feeling, what are you seeing, hearing, touching. Have you got your favourite pencil case?

Think about your hopes, wishes...what things you would like to happen in that first week. Do you enjoy PE? Are you excited about doing some maths or English?! Will you be doing lots of PSHE & work around settling back in to school?

Think about changes. How do you think things at school will look & feel like with changes such as some furniture moved, more objects being cleaned & sprayed with antibacterial spray. The computers will be cleaned now after each use too. Fewer children will be in classes and we will all be making sure we wash our hands properly. Lunch times, play times will be different, but more fun because there will be less children! There will be fewer children outdoors now for a while & we will be having different play times. This may be called staggered breaks.

Our time tables will be changing to keep us all safe. But remember, we are still at our school, we are still together, even though we are trying to keep 2 metres apart. We are still with our friends. We can still see our friends, we can still talk to our friends. 'Our' is a really important word to remember because it is 'our school' & they are 'our friends' & 'our teachers.' We all 'belong' in our school.

We have just got to make some changes and try to adapt to some new ways of moving around to keep everyone safe. We are all doing this together.