



Values @ home

It is February, and this month we are thinking about the value of **simplicity**. At first this may seem a tricky value to understand, but essentially it is thinking about and appreciating the world around us. We live in an environment which involves constant stimulation and both children and adults can find it very difficult to 'switch off' and have some time that doesn't involve looking at a screen. Below are some ideas and resources to help you and your family think about living a bit more simply this month...

Get Outside!

The easiest and most practical way to be inspired by the world around us involves getting out there! We are blessed by being on the doorstep of some wonderful outdoor locations in Surrey. If you are stuck for ideas, two resources for this are the National Trust's '50 things to do before you are 11½' which is available online or as a book. Also, The Wild Network has a thought-provoking documentary and pages of ideas on their website at <https://thewildnetwork.com/wild-time-ideas/>

Screen Time

Research is ongoing about the impact of screen-time on young people and results are mixed. As a parent it is important to be clued-up on your child's relationship with technology and to be aware of when and what they are accessing. We cannot recommend enough watching our Parent Online Safety Webinar coming up soon for advice and insight. You can also find some good suggestions for constructive screen time here:

<https://www.parentclub.scot/articles/your-guide-screen-time>



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