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DURING HOME LEARNING, SOCIAL DISTANCING OR SELF-ISOLATION, PAY ATTENTION TO YOUR OWN WELLBEING AND THAT OF THOSE AROUND YOU



# Remember we are all part of the school community

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- Keep in regular contact with your teachers, at your regular lesson times.
- Remember you are not alone. Your teachers are still available to support you, both academically and pastorally.
- Ask for help when needed; independent learning is a new skill to learn. Don't be afraid to say if something seems confusing or you need extra support.
- Try to keep on top of your workload to avoid feeling overwhelmed.
- Take the opportunity to also follow your passions; if a particular topic interests you, research it. You never know where it might lead! Be sure to keep your teachers updated so we can support you in this.

# What wellbeing looks like

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- Interactions with family and friends
- Healthy eating
- Regular sleep patterns
- Communicates with others
- Work/ life balance
- Other interests
- Physical activity



All of these remain important during the period of home learning.

# Signs and symptoms to look out for

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- Change in sleep patterns
- Becoming withdrawn
- Friendship groups: can become less or more social than usual
- Change in eating patterns
- Change in appearance
- Personality shifts
- Problems with concentration



# Wellbeing – What Parents/ Carers Can Do

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Healthy eating

Encourage down-  
time

Create  
productive habits  
– work routines

Interactions/  
listening

Good home/  
school  
communication

Monitoring social  
media access

Be aware of  
important  
academic dates

No issue is too  
small!

Make this personal to you, decorate, adapt it to work for you and keep it safe. Use it whenever you need it.

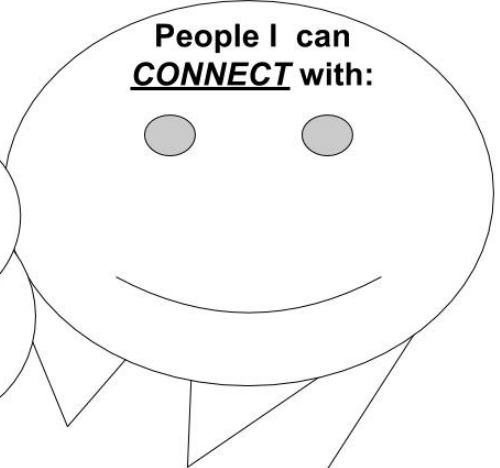
# Wellbeing Toolkit for \_\_\_\_\_

Things that calm and soothe me


(and make me feel happier):

Things I should try to take NOTICE of:

People I can CONNECT with:



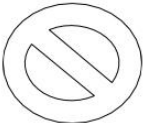
Things I can GIVE:



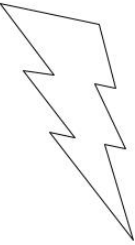
Things I can LEARN:

Things I can do to keep ACTIVE:

Things to avoid that can make me feel worse:



In a crisis I need to:



Includes the [5 Ways to Wellbeing](#)

[@AliceHoylePSHE](#)



Build in  
structure

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Weekly timetable

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	7-8	Gym						
	8-9							
	9-10	ECO 101						
	10-11							
	11-12							
Afternoon	12-1			Lunch				
	1-2							
	2-3					ECO 101 assign		
	3-4							
	4-5							
	5-6							
Evening	6-7							
	7-8		Soccer					
	8-9							
	9-10							

# Build in structure

- Try to maintain a routine similar to your normal day/ week (eg, weekday and weekend routines)
- Have allocated time for work *and* for rest
- Maintain habits – dress in the daytime, etc
- Make time for what you love
- Break your day/ week into chunks
- Plan your time
- Build in social contact; distance physically but don't become socially isolated



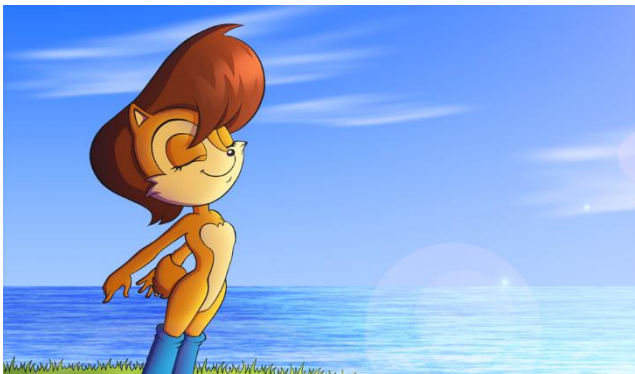
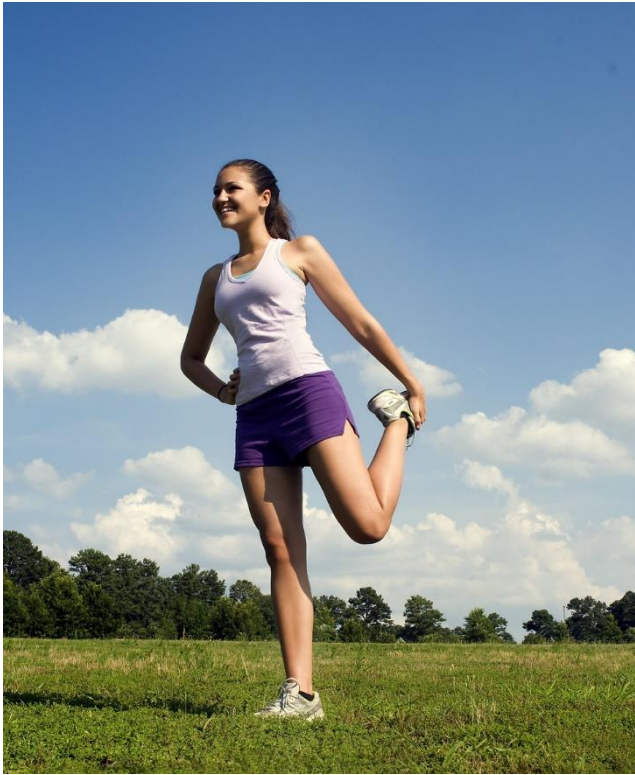


BBC

# THE MIND SET

WEEKLY PLANNER

TIMES						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
TIMES						
SATURDAY						
SUNDAY						



Remember  
the basics

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# Basics

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- Get some fresh air\*
- Go outside, preferably in the mornings/ during daylight\*
- Exercise at regular points throughout the day. Keep hydrated
- Try to maintain regular meal-times
- Eat a balanced diet

\* If it is safe to do so and bearing in mind any medical advice.





# Stay Connected

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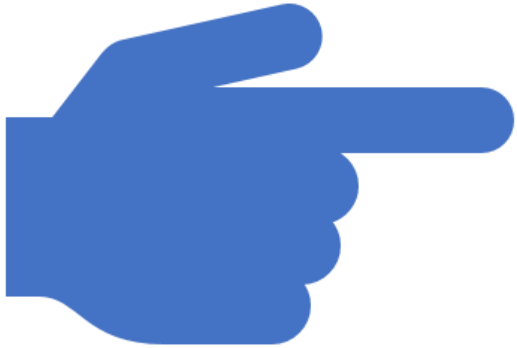
Physical distancing –  
not social distancing

# Stay Connected

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- Make time to connect with family and friends online or virtually
- Schedule regular catch ups – use Whatsapp, Facetime or Messenger Video calls
- Make plans to “meet” – video calls for meals, cake, takeaways, etc
- Use appropriate technology wisely (eg gaming apps with chat function) but safely and only with your own existing social circle
- Be kind – remember others may also be finding this situation challenging



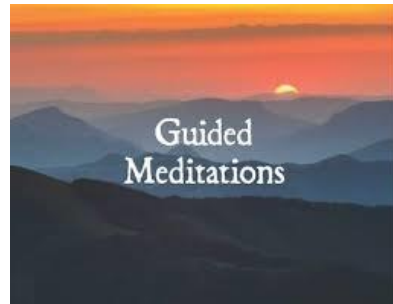


Know where  
to go for  
extra help if  
you need it

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# Where to go for help – some ideas



The BBC logo, consisting of the letters 'B', 'B', and 'C' in white on black rectangular backgrounds, arranged horizontally.The Kooth.com logo, featuring the text 'KOOOTH.com' in a bold, blue, sans-serif font, with a small red and white circular icon to the right. Below it, a blue banner contains the text 'FREE ONLINE SUPPORT FOR YOUNG PEOPLE' in white, followed by a small red and white circular icon.

# Tools and resources

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**Youtube** – lots of guided meditations and mindfulness videos, music for relaxation/ concentration

**Kooth app** – online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop

**Calm app** – guided meditations, daily reminders. School subscription.

**BBC** – specific programmes, podcasts and online resources to support pupils and parents during school closures





Keep  
moving

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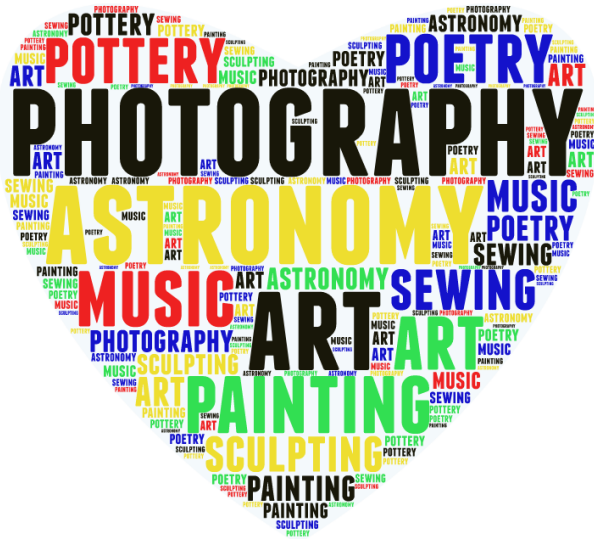
# Keep Moving

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- Your daily activity will be reduced if you are at home, so it is important to build movement into your routine
- Your usual exercise method may no longer be available
- Use this opportunity to try something different
- Youtube and other apps have tutorials and guided workouts
- Try HIIT (High Intensity Interval Training), or more gentle exercises such as Yoga or Pilates
- Go outside into the garden and play a game\*
- Take care not to injure yourself – work within your usual fitness levels and take it steady



Make time  
meaningful



# Make your time meaningful

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- All those things you never seem to have time for – list them!
- Take up a new skill or hobby
- Make time to be creative – art, music, crafts etc.
- Make time to help others where possible, either virtually or, where safe to do so, in person; collect some shopping for a neighbour, offer to do some gardening for someone nearby, etc.
- Keep up to date with study so you don't feel overwhelmed





# Mindful mandalas

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# Mandalas/ mindful colouring benefits

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- Creative activities encourage *flow*
- Slows breathing and heart rate
- Allows self-expression
- Time together
- Can encourage “accidental” conversations
- Provides a mental pause



Try it... scan here  
for a link to  
mandala  
colouring ideas  
and downloads

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*Good things take time.*



# Music for relaxation and focus

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# Music - benefits

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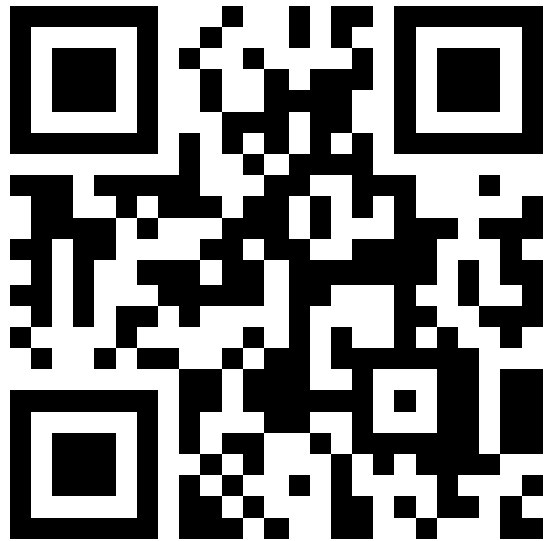
- *Can* reduce distractions
- Sets a mood for concentration *or* relaxation
- Can build routines
- Reduces anxiety





Try it... scan  
here for a link  
to music for  
relaxation

*Everything is better with music.*



Try it... scan  
here for a link  
to Spotify  
playlists for  
focus

*Music is what feelings sound like.*



# Journals and writing for wellbeing

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# Journaling - benefits

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- Helps process emotions
- Allows self-expression
- Reduces stress and anxiety
- Improves self-awareness





# Journaling prompts – some ideas

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- The main thought in my head today was...
- Right now I feel challenged by...
- I feel supported when...
- I am grateful for...
- One thing I could do to help myself today is...
- What I want to say to my anxious thoughts...
- Write your anxious thoughts that include words like “never,” “always,” “everyone,” and “no one.” Circle those you can prove are 100% true



Try it...

scan here for a  
link to journaling  
ideas

*Fill the paper with the breathings of your heart.*

*William Wordsworth*



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# Keep talking

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"I'LL JUST TEXT THE CHILDREN UPSTAIRS THAT DINNER IS READY."

# Talking - benefits

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- Improves relationships
- Identifies potential problems early
- Builds self-esteem
- Generates problem-solving ideas together



Who did you eat lunch with today?

What is your favourite song right now? Why?

What has made you smile/ frustrated/ confused today?

Has anyone around you had a hard time today?

If you could do anything this weekend/ next holiday, what would you choose?

What are you most looking forward to right now?



Try it...

scan here for a link  
to conversation  
starters.

*Every good conversation starts with good listening.*