



Healthy Habits to Keep Your Head Healthy

We are all trying to deal with a massive change in our everyday lives. This can be really hard. It is important that we all do everything we can to keep ourselves mentally and physically healthy, so that we stay well and are in a good place when life gets back to normal –**WHICH IT WILL!!**

There is ongoing information on the school social media posts with ideas to help you. You are all used to having a timetable. Dealing with the next few weeks will be easier if you create a timetable to follow, just like when you are in school. Below are a few ideas to build in to your timetable. Try and select **one** from each section to put on your timetable **EVERY DAY**.

There are loads more ideas that you can use and you may have some brilliant ones of your own. If you do, please share them with whoever may need them.

Please remember that this strange and worrying time will NOT last forever and life will return to normal at some point. If you are really struggling, please don't suffer in silence – contact Childline www.childline.org.uk or 0800 1111



REFRESH

*Stick to a routine **EVERY** day – make sure you don't stay in bed all morning, get up at a similar time **EVERY** day, SET YOUR ALARM CLOCK, have a wash, get dressed and start the day positively. Get some fresh air and daylight **EVERY** day.*

We all need routines that support a positive beginning and end to each day

REFUEL



- ❖ *Stick to a routine for meal times.*
- ❖ *Try and make sure you have a balanced hot meal at least once a day where possible*
- ❖ *Don't eat too many sweets or junk food.*
- ❖ *Make it fun – arrange a meal with friends using Facetime or Messenger so you can all eat together.*
- ❖ *Take photos of what you are eating and blog about what you like to eat*
- ❖ *Make a list of each meal you eat and list the ingredients and their nutritional value*
- ❖ *Design a meal plan for the week – breakfast, lunch, tea.*
- ❖ *Try and have a meal with your family when you can, so you can chat as well*
- ❖ *Remember to drink water regularly*
- ❖ *Ask a family member to teach you how to make something new and then cook it for them*
- ❖ *Go on BBC Good Food and look for ideas for new meals that you may want to make*
- ❖ *Create a weekly gallery of everything you eat in a week – try and add one new food each week*



CONNECT

Many of us are having to self-isolate and we all will see less of our family and friends. This doesn't mean we have to lose touch – our connections to friends, family and online community are essential to keeping mentally well.

- ◇ Arrange time EVERY day to connect with someone
- ◇ Facetime, WhatsApp and Messenger are great ways to chat to friends and family online. Try and build in a few short chats throughout your timetable so you have regular connection to others.
- ◇ Write letters to your friends and family – tell them how much they mean to you
- ◇ Post positive and inspirational messages on your story or other social media
- ◇ Text friends
- ◇ Log on to Kooth or Childline – they have great and safe chatrooms for you to connect
- ◇ Join an online community for young people (follow our keeping safe online guidance of course!)
- ◇ Paint some positive words and put them in your window for passersby to see or leave them around the house for family members to read
- ◇ Choose a Word of the Week from Mrs Mason's booklet (see the assembly groups page on Google classrooms) Phone someone or text someone. Make sure you use the word in your conversation – then write down how you did that.
- ◇ If you know someone (an older person or someone who may be isolated) write them a letter. Give them positives that may help them cope. Tell them a bit about your hobbies and how you are spending the time away from school. (remember not to include personal details) Ask you parent to check it is OK and then send it to them.



MOVE

Being active every day will help your physical and mental health. Plan time EVERY day for exercise and activity. Your usual routines will be different especially if you normally go out to a club. Find new ways to be active – that in itself can be fun!

Everyone can find a way of moving throughout the day.

- ✚ Youtube is a great place to start – look for workouts, dance routines, yoga routines, anything that gets you moving.
- ✚ Look at the NHS website <https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/> You will find great ideas for getting active right here!
- ✚ Download an app to help you plan your activity My Fitness Pal is free and good to use.
- ✚ Dance in your kitchen
- ✚ Facetime friends and workout together
- ✚ Set up a circuit for your family
- ✚ Check out Instagram for inspiration (@thebodycoach)
- ✚ Get some fresh air in your garden

- ✚ Walk your pets (keeping a safe distance from others)
- ✚ Do some gardening
- ✚ Help with household chores; Hoover up, clean windows, clean your room!
- ✚ Do some stretching on the floor
- ✚ Set yourself a challenge – kicky ups, sit ups, star jumps
- ✚ Count the letters in your full name, times it by 5 and then do a different movement for that number
- ✚ Play active games with your family
- ✚ Check out the Time 4 Change website for ideas
https://www.nhs.uk/change4life/activities?gclid=EAlaIQobChMIIsLCr5d-y6AIVgrHtCh20mA89EAAAYASAAEgKW1fD_BwE&gclsrc=aw.ds



CREATE

Doing things we enjoy really helps lift our mood and pass the time.

- ♥ Create a story board for each week – show activities you have done or work you have completed
- ♥ Create a mood board – it could be images of things that make you happy or it could be all about the emotions you feel
- ♥ Imagine you are writing a book. Give it a title and then design a book cover for it.
- ♥ Design a photo gallery of all your favourite pictures
- ♥ Build something from items you would normally throw away e.g. cereal box packets
- ♥ Design a board game – it could be top tips to get through self-isolating
- ♥ Design a new computer game
- ♥ Re-write the rules of your favourite sport
- ♥ Choreograph a new dance or write a new tune or song
- ♥ Make some positive sayings cards that you could hand out
- ♥ Imagine you are going on Dragon's Den – what new product would you pitch
- ♥ Redesign your bedroom
- ♥ Write a script for a tv series

LEARN

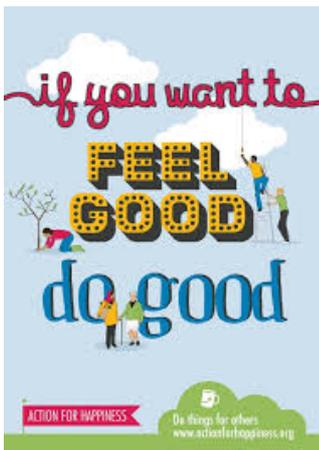
Learning new things builds our confidence and reminds us that our minds are always developing – no matter how old we are. Build in time every day for learning.

◇ Use Google classrooms – your school is important. We may not be in school but you need to keep practicing all the new skills you are learning, so that it will be easy to pick up when we get back to normal.

- ◇ Try and learn a new skill, playing an instrument, cooking a recipe, doing a maths challenge, a new hobby.



- ◇ Write a list of all the things that you have learned about yourself during this strange time. I have learned that I am really good at setting myself a challenge and sticking to it – I didn't think I was – but now I do!!
- ◇ Create a video of things that you have learned this week – share it with your family
- ◇ Practise something that you know you struggle with e.g. drawing, relaxing, writing sentences,
- ◇ Ask each member of your family to give examples of the best thing they have learned from their family or friends
- ◇ Make a list of 3 new things you are going to try when life gets back to normal e.g. join a dance club or how to juggle



GIVE

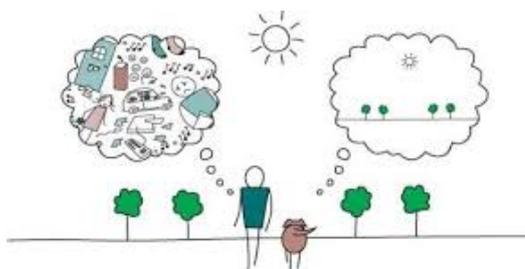
When we do good for others, it makes us feel good too! Our brains get a feel good fix.

It is always important to be kind to others, but especially now when we are facing a lot of uncertainty.

- ♥ Send a text to a friend to tell them how much you appreciate them.
- ♥ Log on to Action for Happiness for ideas for doing kind things
- ♥ Help a family member out with a job or something they need support

with

- ♥ Make a gift for someone in your house
- ♥ Design a poster about kindness
- ♥ Write a story about someone who did something helpful for someone
- ♥ Phone someone that you know may be isolated or struggling
- ♥ Send an email to a teacher to thank them for all they are doing at the moment
- ♥ Write notes to everyone in your house with a happy message on
- ♥ Sort out your bedroom. See if you could find one thing you no longer use that you could donate to the charity shop when we can visit them again.
- ♥ Plan a fundraising activity for a local charity, which you could do when we are back to normal



Mind Full, or Mindful?

- ▽ Check out this link for relaxation ideas - https://youngminds.org.uk/find-help/looking-after-yourself/take-time-out/?gclid=EAlaIQobChMIk4yj5d2y6AIVAbTtCh2mugmPEAAAYiAAEgI0HPD_BwE

NOTICE

Having lots of time on your hands can lead to overthinking things, worrying more, feeling down and getting bored. Try to use some of your time to relax and distract. Spend some time each day really focusing on the here and now. This will help you relax and NOTICE the positive things around you.

- ▽ Sit quietly and notice your breath, imagine it is a colour and focus on breathing in and out slowly and calmly.
- ▽ Look out of your window and find 5 things that make you smile or that you have never really noticed before
- ▽ Go in the garden and sit quietly. Really focus on everything around you – look at the shapes of leaves, flowers, trees or anything else that is in your eye line.
- ▽ Write a list every day of 3 things in your life that you are grateful for e.g. your mum making your lunch or a friend texting you
- ▽ Download the Headspace App – they are offering free activities at the moment to help you find calm
- ▽ Youtube have lots of free mindfulness activities to help you relax – check this 3 minute body scan out https://www.youtube.com/watch?v=ihwcv_ofuME
- ▽ Do a jigsaw
- ▽ Take a picture or download one of an outside scene – then really focus on it and try and list everything you can see in detail e.g. what shape, colour, size etc is everything in your picture
- ▽ If you have a printer, download and print some mindfulness colouring sheets
- ▽ Gather lots of small household objects and put them in a pillowcase. Put your hand in, feel each object, and describe it to someone else. See if they can guess what it is.
- ▽ Have a warm bath and play some quiet relaxing music
- ▽ Go in the garden and lie on the grass (if it is safe to do so) Close your eyes and focus on all the things you can smell, feel, hear.
- ▽ Do some gentle stretching and notice how tense your muscles feel
- ▽ Go on Youtube and do a yoga routine
- ▽ Write your full name. For every letter of your name, list 10 items beginning with that letter. Then pick 2 items from each letter and write a sentence which contains both words.

AND FINALLY – REMEMBER:

- ♣ **LIFE WILL GET BACK TO NORMAL**
- ♣ **HAVING A TIMETABLE OR ROUTINE WILL HELP YOU COPE WHILST WE ARE ISOLATING**
- ♣ **WE HAVE A LOT OF THINGS TO BE THANKFUL FOR**
- ♣ **TAKE CARE OF YOUR FAMILY AND FRIENDS**
- ♣ **BE KIND**
- ♣ **TRY AND FIND POSITIVES IN EVERY DAY**
- ♣ **FOLLOW THE GOVERNMENT’S ADVICE**
- ♣ **WASH YOUR HANDS**