



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



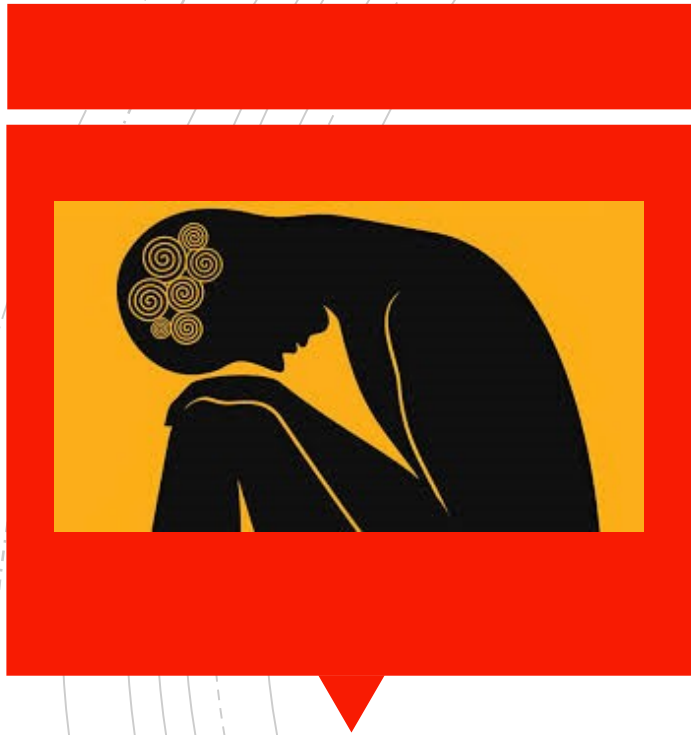
- Remember you are not alone. Your school is still available to support you, both academically and pastorally.
- Ask for help when needed; independent learning is a new skill to learn. Don't be afraid to say if something seems confusing or you need extra support. Speak to your parents or older siblings for advice.
- 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.
- Plan your days, putting in regular breaks and changes in activity.

What wellbeing looks like

- 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



- 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- Becoming withdrawn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/ Careers Can Do



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:

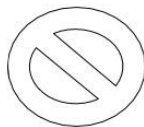
Things I can
GIVE:



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 Waves to Wellbeing

@AliceHovlePSHF

Manage Your Time



- 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

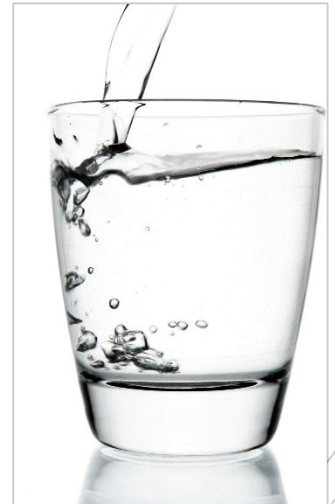
WEEKLY PLANNER

TIMES						
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
TIMES						
SATURDAY						
SUNDAY						

Remember the Basics

- 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.



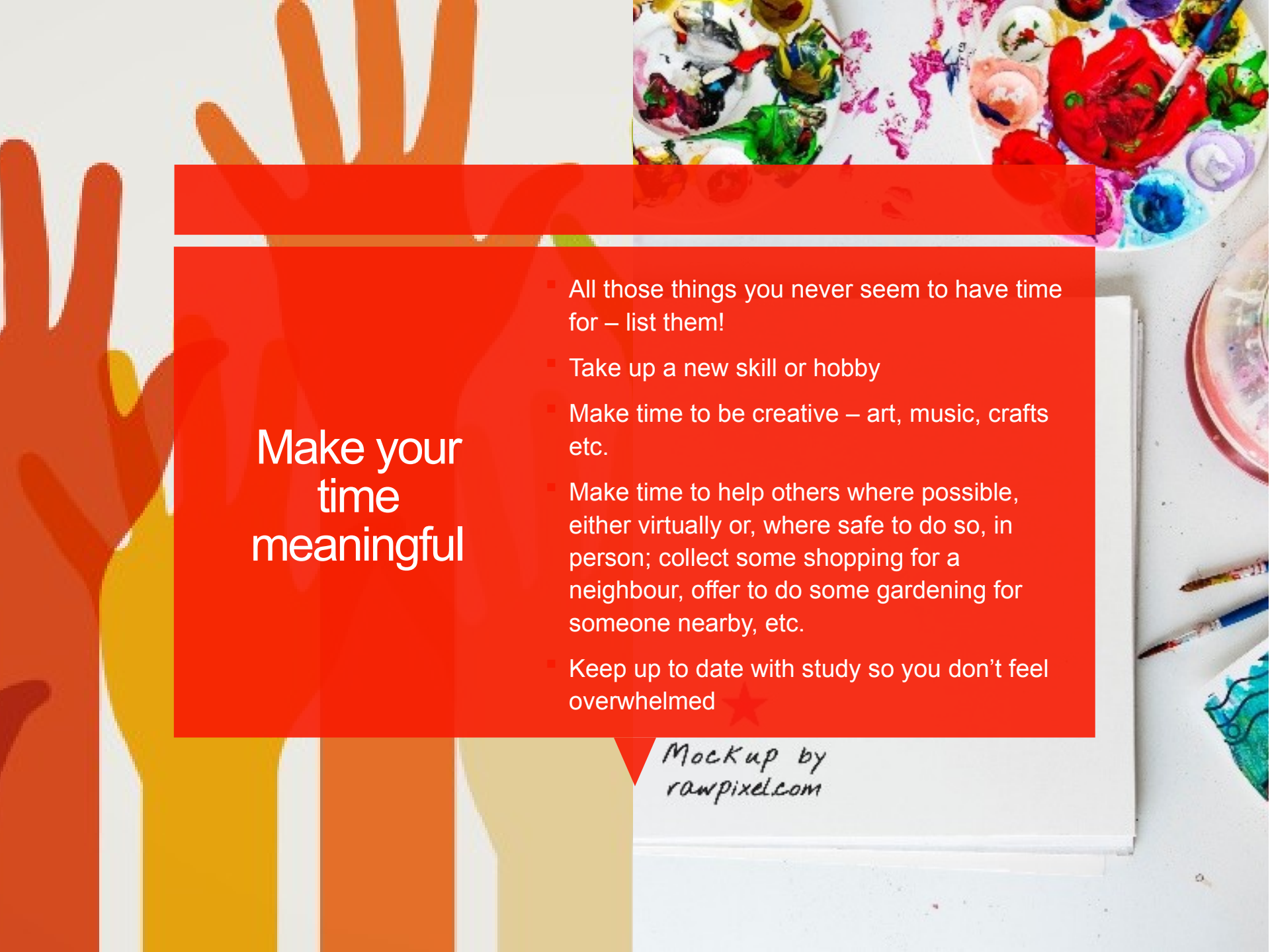
Stay Connected

- Be available 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 Netflix watch parties, 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

Tools and resources



- **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



Make your time meaningful

- 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

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rawpixel.com

Get Creative

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





Journals and writing for wellbeing

- Helps process emotions
- Allows self-expression

- Reduces stress and anxiety
- Improves self-awareness

Keep talking



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



Get the conversation started...

What has been your favorite activity today?

What is your favourite song right now? Why?

What has made you smile/ frustrated/ confused today?

Have you been worried about anything today?

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

What are you most looking forward to right now?