



Wellbeing at home.



It's really important while you are at home that you don't spend all day in front of a screen simply making your way through all the work that has been set – you will not learn well, or enjoy what you are learning, without a break!



So, you are really advised to get up and dressed and have a structure to your day – take some time out from schoolwork to look after your wellbeing – whether that is physical, emotional, spiritual or social. *(Of course, you will need to follow advice on just how social you can be – if you have any fever or new cough you need to be self isolating for 14 days and keep away from those at risk – check the advice daily).*



So, PSHE *homework* will be to do just that!



In fact, these ideas form a great habit and routine to get into. Maybe your whole family would join in – a new kind of *homework*. If you have to self-isolate, or are social distancing, there are plenty of ideas here that you can do together.



This might be the opportunity to learn some life skills too – basic car maintenance, learning how to cook new dishes, sew on a button, organising your room, doing some housework!



The internet is **full** of other suggestions and ideas.



Design and produce a 'Daily Routine' poster - including things like school work, wellbeing, relaxing, family time, music practice etc. Get it displayed on the fridge and keep to a routine.



While you are at it, organise your workspace, we **DO** work better in a tidy environment. **Don't** have your phone by you when you are working.



Although we all like to keep up to date, decide with your parents/ carers just how often you listen to or read news about Coronavirus – don't constantly be checking it out on a news feed, and stick to reputable sites, Gov.uk or BBC. Avoid the scare stories while knowing what any new advice is on keeping safe.



If you can come up with some more ideas for wellbeing of your own – use Teams to let me know - a commendation for any good ideas.



If you can feedback to me weekly what you have tried and how that went.





- **MAKE** a card for a relative and send it to them.
- Get some fresh air daily – at least open your windows!
- If you have a garden – get out the swing ball or other garden games like boules.
- Get the garden ready for spring planting – tidy up the flower beds and plant!
- Go the park (*remember social distancing*). Take ‘guess what this is’ pictures on your phone.
- Facetime, or find an app, that allows you to play remote games with some friends or family.
- Go for a walk (*remember social distancing*). Smile at people you pass.
- Do daily exercise – find some on You tube or BBC website.
- Find your board games – do a different one every day.
- Jigsaws!
- Karaoke – do on a group chat.
- Listen to music and dance around your room. This one will make your parents/carers smile!
- Discover a new skill – baking, cook a new recipe, basic car maintenance, sign language
- Organise your wardrobe.
- Lego!
- Research a job you know nothing about.
- Visit an online museum – find out 5 fascinating (to you) facts.
- Keep a diary of what you did and how you felt during time away from school.
- Take a breathe- download an app (eg) ‘breath’ and practice deep breathing, great if you begin to feel stressed or anxious.
- Rediscover your senses – take 2 minutes – look out the window, what do you hear, see, smell, taste and touch.
- Art! Paint or draw. Do you have coloured chalk – draw ‘mandalas’ patterns on your paths.
- Mindful Colouring in - see Powerpoint 1 for readymade pages.
- Playdough.
- Plan some healthy snacks for the week – try a new fruit.
- Make a smoothie.
- Write a short story : ‘Never in a million years’ or ‘ The winner of X Factor is’
- Keep a gratitude jar – each day write on a slip of paper one thing you are grateful for...
When you feel stressed you can empty the jar and remind yourself of the positives in your life. Start the jar of by writing one person, one memory, one skill, one food, one holiday, one toy/game one hope you are grateful for.
- Visit the Mindmate website and explore the resources – advice about mental health and wellbeing.
- Do some housework without being asked.
- Sit outside in your garden / balcony / park (*remember social distancing*) with a picnic.
- Write a blog.
- Do some origami – find instruction on the internet. Challenge yourself!
- Crosswords.
- Learn how to knit or crochet
- Get on your bike – with a helmet.
- Can you arrange to help tidy a garden for an elderly neighbour – ask by phone .
- Keep a sleep diary – notice how you feel if you sleep well and from a reasonable time .
- Video call some elderly or vulnerable relatives or friends.
- Read a book – start a WhatsApp book club.
- Send a ‘thank you’ email to any ‘key workers’ you know.
- Produce a poster for your window to make your post person/delivery person smile.
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