



Things to do to
look after your
wellbeing and
health whilst not in
school



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

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|--|---|--|--|--|--|---|
| 1 Make a plan to help you keep calm and stay in contact | 2 Enjoy washing your hands. Remember all they do for you! | 3 Write down ten things you feel grateful for in life and why | 4 Stay hydrated, eat healthy food and boost your immune system | 5 Get active. Even if you're stuck indoors, move & stretch | 6 Contact a neighbour or friend and offer to help them | 7 Share what you are feeling and be willing to ask for help |
| 8 Take five minutes to sit still and breathe. Repeat regularly | 9 Call a loved one to catch up and really listen to them | 10 Get good sleep. No screens before bed or when waking up | 11 Notice five things that are beautiful in the world around you | 12 Immerse yourself in a new book, TV show or podcast | 13 Respond positively to everyone you interact with | 14 Play a game that you enjoyed when you were younger |
| 15 Make some progress on a project that matters to you | 16 Rediscover your favourite music that really lifts your spirits | 17 Learn something new or do something creative | 18 Find a fun way to do an extra 15 minutes of physical activity | 19 Do three acts of kindness to help others, however small | 20 Make time for self-care. Do something kind for yourself | 21 Send a letter or message to someone you can't be with |
| 22 Find positive stories in the news and share these with others | 23 Have a tech-free day. Stop scrolling and turn off the news | 24 Put your worries into perspective and try to let them go | 25 Look for the good in others and notice their strengths | 26 Take a small step towards an important goal | 27 Thank three people you're grateful to and tell them why | 28 Make a plan to meet up with others again later in the year |
| 29 Connect with nature. Breathe and notice life continuing | 30 Remember that all feelings and situations pass in time |  <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p> | | | | |



ACTION FOR HAPPINESS



www.actionforhappiness.org

ACTION 1: Work out a routine

Whilst you are at home, try to stick to a daily routine. Humans thrive when they have routines, so make sure you get up every day and get dressed at a similar time. Then work out a family routine that you can stick to whilst off school.



COVID-19 DAILY SCHEDULE

© Jessica McHale Photography

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

An example of a routine you could try

ACTION 2: Connect with people

Whilst you might not be able to see people face to face, think about scheduling daily group chats and messaging.

If you think you will run out of stuff to say, maybe watch the same film and then talk about it or read the same book and chat it through.



ACTION 3: Connect through podcasts and online communities



Keep your brain active by listening to podcasts and finding out new things.

Remember to stay safe and only chat to people you know online.

ACTION 4: Keep active

Try to get outside for a walk and exercise.

If you do have to stay inside, the following links might be helpful (click on the pictures for the films).



ACTION 5: Get as much fresh air as you can

Whilst we can go outside, enjoy a walk, ride a bike and notice the changing seasons.

If you have to self-isolate, try spending time in the garden as much as you can.



ACTION 6: Keep learning



<https://www.futurelearn.com/>

Teachers will be setting you work to complete each day.

You could also try learning a new skill or completing some future learn units about areas you are interested in.

Read for pleasure too - this will help you learn.

ACTION 7: Get creative

<http://dothinkshare.com/creative-inspiration/create-to-connect/>



Take pictures of your creations to share with others too.

**CREATE
TO
CONNECT**

Two weeks of fun, free creative challenges to do at home, starting on 23rd March 2020.

Sign up at www.dothinkshare.com

#CreateToConnect

**64 Million
artists!**

ACTION 8: Keep your brain busy

Keep your brain busy by doing puzzles, trying logic problems, complete a sudoku or a crossword.

Challenge yourself to see if you can improve your time each day to complete something.

<https://sharpbrains.com/brainteasers/>

<https://sudoku.com/>



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9

ACTION 9: Practice mindfulness



Practice mindfulness by being aware of your body and your emotions, feel them, but don't let them take over.

ACTION 10: Find something positive in every day

At times of uncertainty, it can be hard to remember the positives. Try to write down at least one positive thing that happens each day so you can remember them.

Read positive stories online. Find happy posts - the happy newspaper has lots of positive stories - could you write your own?



ACTION 11: Keep talking

Keep talking to others.

If you are finding things worrying or stressful, don't bottle it up, make sure you share this.

Talking can be hard, but make sure you have someone you can share your thoughts with each day.



ACTION 12: Acknowledge your feelings



It is important to acknowledge all your feelings and not beat yourself up for having them. Your feelings are not good or bad, they just are.

Iyanla Vanzant

quoteancy

You are going to have lots of thoughts and feelings over the coming days and weeks. Acknowledge these, don't feel bad for having them. Accept your feelings and then if they are unhelpful feelings, try your best to let them pass.

ACTION 13: Watch cheery things!



ACTION 14: Get cooking



Make sure you are eating well whilst you are at home and use your time to help learn a new skill like cooking.

Help prepare dinner, bake a cake, try some new foods.

You will be learning whilst hopefully enjoying your creations!

ACTION 15: Keep organised and tidy

Keeping your space tidy and organised whilst you are at home will fill some time, but will also reduce stress levels for everyone living in your house.



Tidy room,
tidy mind.

- Make your bed
- Put away clothes
- 10 minute pick up
- Dust furniture
- Clean glass/mirrors
- Vacuum
- Refresh with scents

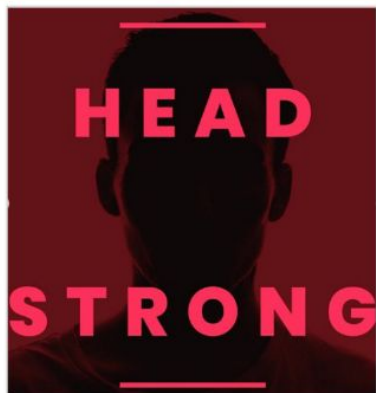
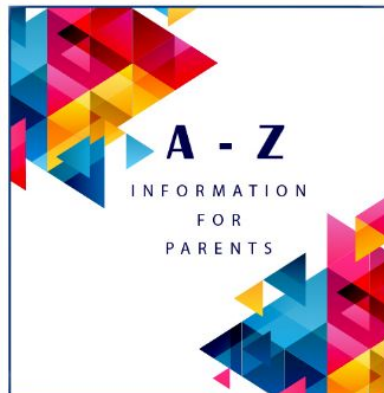
ACTION 16: Know where to get support

**IT'S OKAY TO
NOT BE OKAY**



If you need help and advice, the student wellbeing section of the website is a good starting point.



[Home](#)[About Us](#)[News](#)[Parents](#)[Students](#)[Sixth Form](#)[Community](#)[Contact Us](#)[Student Wellbeing](#)[Headstrong](#)[A-Z Information For Parents](#)[Pastoral Information](#)[Useful Website Links](#)

IN THIS SECTION

[HEADSTRONG](#)[A-Z INFORMATION FOR PARENTS](#)[PASTORAL INFORMATION](#)[USEFUL WEBSITE LINKS](#)

This section has links
to lots of useful
organisations.

ACTION 17: Remember the 5 ways to wellbeing still apply



ACTION 18: Be patient

Remember that lots of time at home with parents potentially trying to work and you trying to learn will possibly make things difficult.

Be patient.

Take a deep breath before you speak.

Count to 10.

Give yourself space.

