

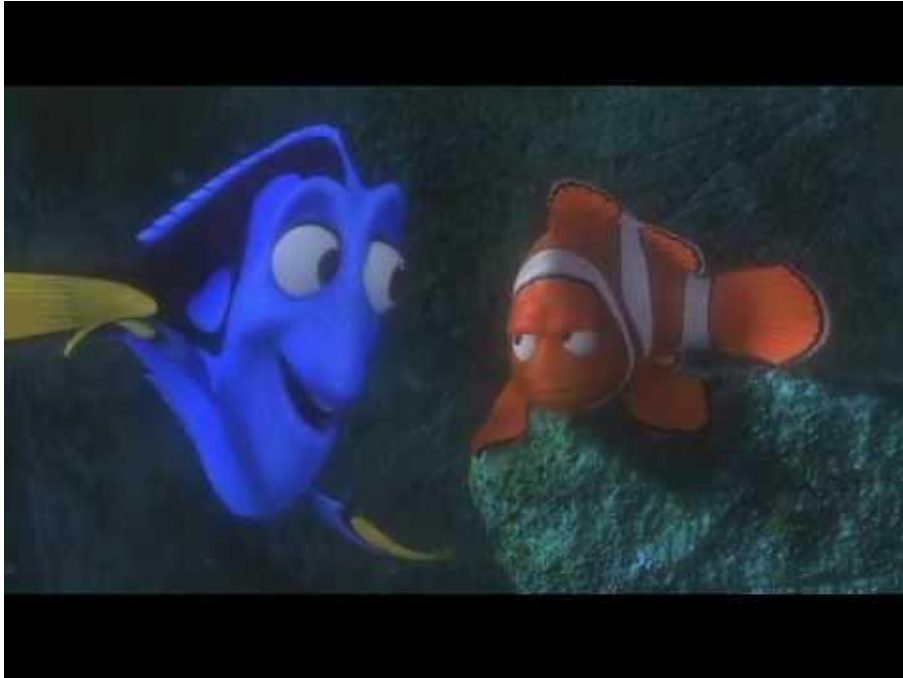


Week 9 of  
Headstrong from  
home

[https://www.youtube.com/watch?v=axG73n\\_Disl](https://www.youtube.com/watch?v=axG73n_Disl)



<https://youtu.be/0Hkn-LSh7es>




Whilst it currently feels like this will go on forever with announcements that school for most students might not return until September, keep taking it a day at a time.


You can't control when this will end or how long it will take, but just 'keep swimming' as it will get back to life more as we knew it soon.

For some of us there might be very few upsides, but do try to think of the positives...

- Have you learnt to connect online with people in a new way?
- Have you spent more time outside because you aren't stuck in a classroom?
- Have you enjoyed the sunshine?
- Have you learnt new skills?
- Have you enjoyed more time with your family?
- Have you watched the season change from spring to summer and noticed all the natural things blooming around us?
- Have you built your resilience and found new ways to cope with challenges?
- Have you read more books/watched interesting TV?



Notice the upsides during the lockdown, however small



**Decide to look for what's good, even on the difficult days**



# 10 KEYS TO HAPPIER LIVING (IN A CRISIS AND BEYOND)

**1. GIVING**  
Illustration: A brown paper bag overflowing with fresh vegetables and fruits, with a card that says 'Thank you for your donation' tucked inside.  
Text: *DO THINGS FOR OTHERS*

**2. RELATING**  
Illustration: An elderly woman with white hair looking at a tablet computer.  
Text: *CONNECT WITH PEOPLE*

**3. EXERCISING**  
Illustration: A man in a red shirt walking a dog, and a woman in a wheelchair sitting on a bench in a park.  
Text: *TAKE CARE OF YOUR BODY*

**4. AWARENESS**  
Illustration: A woman sitting on a park bench, looking thoughtful.  
Text: *LIVE LIFE MINDFULLY*

**5. TRYING OUT**  
Illustration: A man and a woman in a kitchen, one is cutting vegetables while the other looks on.  
Text: *KEEP LEARNING NEW THINGS*

**6. DIRECTION**  
Illustration: A hand pointing to a checklist on a notepad with a pen nearby.  
Text: *HAVE GOALS TO LOOK FORWARD TO*

**7. RESILIENCE**  
Illustration: A man holding a colorful umbrella in the rain.  
Text: *FIND WAYS TO BOUNCE BACK*

**8. EMOTIONS**  
Illustration: A young boy with a thumbs-up gesture, looking happy.  
Text: *LOOK FOR WHAT'S GOOD*

**9. ACCEPTANCE**  
Illustration: A woman holding a white mask that has a sad face drawn on it.  
Text: *BE COMFORTABLE WITH WHO YOU ARE*

**10. MEANING**  
Illustration: A globe of the Earth surrounded by a vibrant rainbow, with hands clapping in the foreground.  
Text: *BE PART OF SOMETHING BIGGER*

DRAWN BY RALPH MANN, WWW.PHILIPPEHERNANDEZ.COM

These are all ideas to help you to live a happy life - think about how you can be doing these things in order to look after yourself.

# HEALTHY SCHOOLS

## CHALLENGE:


Start to make a list of the things you want to do when lock down is over.

What would you include? What are your priorities? Who do you want to see? What are the special places you would like to visit? Are there simple pleasures like getting a drink with friends you will appreciate more?

Keep this list, so it can be a bucket list of things to tick off when we have more freedom again.



**KEEP  
CALM  
AND REMEMBER  
HAPPY  
TIMES**



ONE DAY  
AT A TIME

ONE STEP  
AT A TIME

ONE BREATH  
AT A TIME

@littlearthlings





When life gets you down,  
do you know what  
you've gotta do?

**Just keep swimming!**

[beyondblessedblog.com](http://beyondblessedblog.com)