



Being well while we are apart



Tips for protecting our wellbeing at this challenging time

Try to do some exercise every day; Go for a walk, do an online workout eg. Joe Wicks on Youtube	When the sun is shining, spend some time in your garden soaking up the rays	Get out of bed each morning and get dressed - Don't laze around in your pjs.	Try to get 8 hours sleep every night and keep regular sleep times
Do something nice for a member of your family	Organise your school stuff in a clean, clear space	Set yourself goals every day and tick them off your list as you go	Take a warm shower or bath to clear your head and relax your muscles
If you're worried about the current situation, talk to someone you trust	Turn your phone off for a few hours every day	Have a piece of fruit instead of a sugary snack	Lie on the floor, stretch your arms and legs and just breath for 5 minutes
Unfollow negative social media pages	Set time each day to complete the work assigned by your teachers	Listen to your favourite music or read a chapter from a book	Drink 2 litres of water every day
Write down 3 three things that went well today	Have dinner at the table with your family and chat	Look at some old photos that put a smile on your face	Phone a friend that you miss- It's great to hear that person's voice

We are here if you need us!