

Spring 2020: Wellbeing Toolbox

CONNECT

ae
ACTIVE

TAKE
NOTICE

KEEP
LEARNING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

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Top tips to keep you on track:

Get up at the same time each day.

- Use the alarm on your school iPad!

Wash, get dressed and eat breakfast like normal.

- Avoid too many PJ days.

Organise your day.

- During the week, follow your timetable!

Do exercise.

Do your school work.

Take breaks.

Help out.

Have time to relax.

Eat well.

Don't look at the news/negative posts too much. Distract yourself.

Get creative or find out something new.

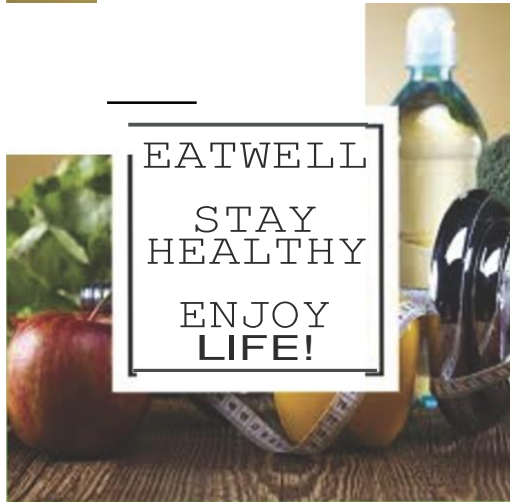
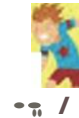
Try to learn something new or develop a skill. It will give you a boost.

Wellbeing Toolkit 3- Eat well and stay healthy



Healthy Eating

Eat Well...Stay Well



EATWELL
STAY
HEALTHY
ENJOY
LIFE!

Staying healthy during

#COVID19

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Exercise regularly

Sleep more



Eat a well balanced
diet



Drink a lot of
water

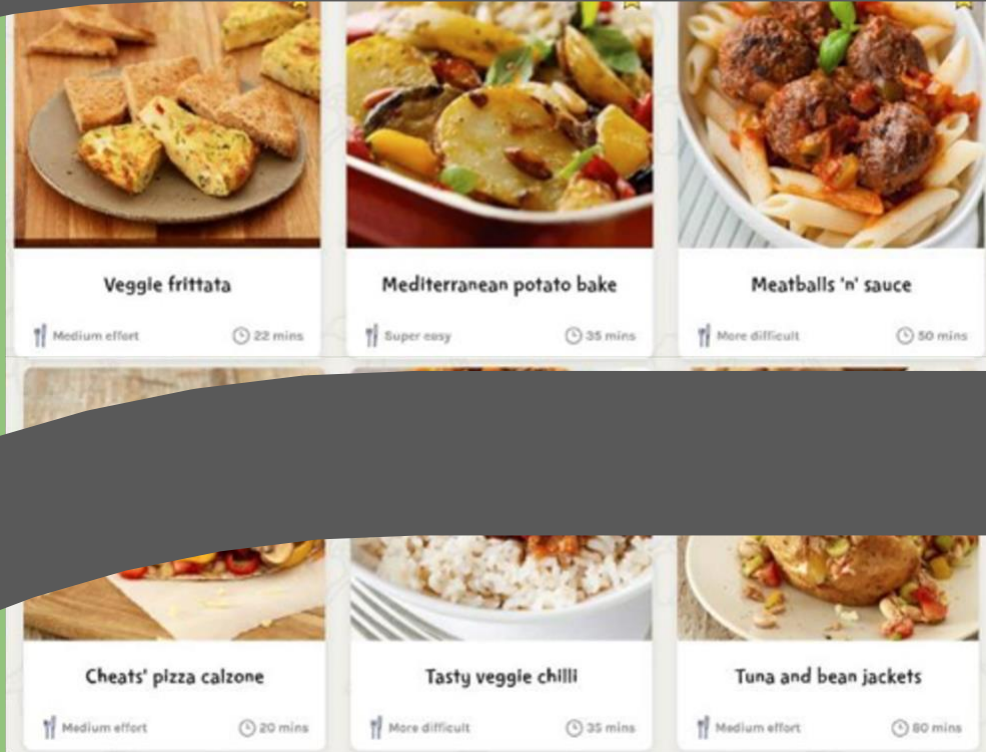
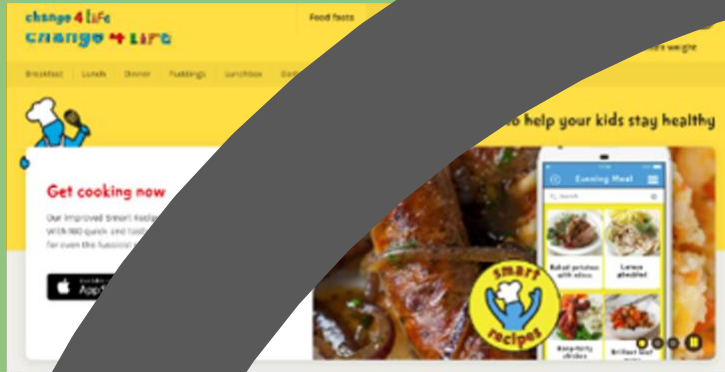
What are the benefits of eating well during lockdown?

- Eating a variety of foods and maintaining a healthy balanced diet is recommended in order to support your immune system.
- It can improve your mental and physical well-being.
- Drink water regularly. Staying well hydrated, mainly through drinking ample amounts of plain water (6-8 glasses a day) also helps our immune system.
- If you cook your own food, you can also learn a new life skill and hopefully have fun too!



Fuel your body with healthy food!

Download the Change4Life Smart recipe App



<https://www.nhs.uk/change4life/recipes>

There are loads of amazing recipes

Missing your favourite takeaway?

- Then try a 'Fake away' instead



Mexican chicken burger

★★★★★ (54 ratings) By [Katy Greenwood](#) [Magazine subscription – 5 issues for £5](#)

PREP: 10 MINS
COOK: 8 MINS

EASY

SERVES 1


Ready in under 20 minutes, this burger with spiced chipotle chicken breast, in toasted brioche with guacamole, makes for a satisfying weeknight treat for one

<https://www.bbcgoodfood.com/recipes/mexican-chicken-burger>

<https://www.olivemagazine.com/recipes/vegan/burritos-with-black-beans-sweetcorn-and-quinoa/>



... with black beans, sweetcorn and quinoa



Chunky oven chips

★★★★★ (141 ratings) By [Gordon Ramsay](#) [Magazine subscription – 5 issues for £5](#)

PREP: 15 MINS
COOK: 20 MINS

EASY

SERVES 4

Gordon Ramsay makes healthy and tasty chunky chips - without deep-frying

<https://www.bbcgoodfood.com/recipes/chunky-oven-chips>

What's cooking?



Why not follow our very own Miss Thomas on Twitter @missthomas94 or watch her Youtube Channel at:


<https://www.youtube.com/channel/UCAle9Gcw082i-ZIbQWmqnhQ>

For some amazing ideas and cooking tutorials:

 <p>2:48</p>	 <p>2:16</p>	 <p>4:13</p>	 <p>4:07</p>	 <p>6:40</p>
VE Day Oat Cookies 76 views • 8 months ago	VE Day Carrot Cupcakes 46 views • 8 months ago	Rainbow Cupcakes Thank you NHS! 188 views • 8 months ago	Flourless Oreo Brownies 140 views • 8 months ago	Lemon Drizzle Cake 83 views • 8 months ago


Food to share?

Why not try one of these recipes:




Cookie dough pizza
★★★★★ (12 ratings)
We've seen pizza in all sorts of varieties, but this has to be our favourite. Top your cookie dough pizza base with any treats that take your fancy...

40 MINS EASY



Four-in-one pizza with dough stick dividers
★★★★★ (1 rating)
Let everyone choose their own topping for this Italian favourite - sections are separated by bread sticks to dip in a mustard garlic mayonnaise

1 HOUR AND 5 MINS EASY



Easy vegan tacos
★★★★★ (10 ratings)
Make vegan tacos with a smoky-sweet salsa for a healthy weekend lunch and pack in all of your 5-a-day. Kiwi brings a moreish, fruity dimension to the salsa

40 MINS EASY HEALTHY VEGETARIAN

There are loads of great recipes here:

<https://www.bbcgoodfood.com/recipes/collection/sharing>