

Spring 2020: Wellbeing Toolbox



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



EXPERIENCE NEW
OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



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.

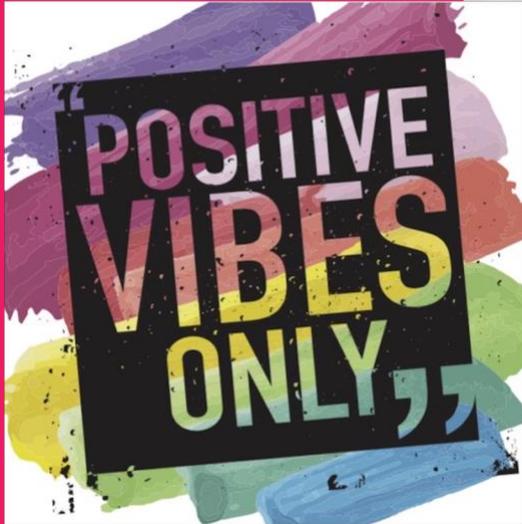
Eat well.

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 1 - Staying positive



Wellbeing activities - some suggestions:



- ||| Catch up on News about Our Planet:
<https://www.bbc.co.uk/newsround/51376710>
- ||| Harry Potter fans: Listen to Chapter 1 being read by Daniel Radcliffe!
<https://www.wizardingworld.com/chapters/reading-the-boy-who-lived>
- ||| Check out the BBC OWN IT website if you need some top tips for keeping positive: <https://www.bbc.com/ownit>
- ||| Read some positive news: <https://www.positive.news/> or subscribe to The Happy Newspaper: <https://thehappynewspaper.com/>

**Be kind to yourself and stay
motivated.
Develop your Growth Mindset.**

Scan here to
watch



<https://www.youtube.com/watch?v=-oqghnxBmY>

Building new habits

!!! What new habits have you developed during lockdown?

E.g. Yoga, Meditation,
eating well, exercising

!!! Are they positive or negative ones?

Exercise = Positive
Sleeping until midday = Negative

!!! Do you want to keep them or change them?

Exercise = Keep
Sleeping until midday = Not keep

!!! Watch the TED talk below about trying something new for 30 days.

!!! https://www.ted.com/talks/matt_cutts_try_something_new_for_30_days?language=en

Making sure our minds stay healthy. Create some calm time...

- !!! Try to avoid spending too much time on social media or looking at the news.
- !!! Download the Headspace app and create some time for calm: [Guided Meditation and Mindfulness - The Headspace App](#)
- !!! Read a new book : Year 7-9 need to continue with their Accelerated Reader books.
- !!! Years 10-11: Read for your own enjoyment. Ask your teachers for recommendations if you are unsure.
- !!! Random acts of kindness: Please do small things to help out at home. Be kind yourself and to others.
- !!! Try to get into a good routine with your sleep so that you don't become too tired.
- !!! Calm colouring: This has the benefit of reducing stress and anxiety
- !!! by relaxing the fear centre of your brain, the amygdala.



Dealing with change

Feeling a bit anxious?

Here are some tips:

1. Take some deep breaths.
2. Exercise.
3. Share your worries with others and talk through some options.
4. Get in control and think about solutions.
5. Socialise and have fun.
6. Get out into nature.
7. Distract yourself with other tasks.

Coping strategies.

Here are some ideas:

The ideas are good for everyone.

[1] <https://www.youtube.com/watch?v=5EXpkVw3fh0>

- [1] Get creative
- [1] Be imaginative
- [1] Be active
- [1] Be curious



"The secret of
CHANGE
is to focus all of
your energy not on
fighting the old, but
on building the new."
-SOCRATES

Connect with friends



- [1] Create a fun quiz for your friends and video call them to have a quiz night.
- [1] Send your friends regular messages, send them jokes and share your stories.
- [1] Send your friends links to new music, TV shows or interesting things that you read so that you continue to share your ideas.
- [1] Have a ‘movie night’ – plan to watch the same film (and eat some snacks), whilst you video call.
- [1] Remember: Everyone is dealing with this differently and sometimes people might feel a bit unsteady. **Be kind and be patient** with each other.