In the last few weeks, our lives have changed a lot. We were in school with our friends and suddenly, we were all asked to stay at home. At the moment, there is a lot of worry around because of Covid 19. Having some worry can be really good because it keeps us safe, but when we have lots of worry, it can make us feel bad and make it hard for us to manage our feelings. This is normal and you are not alone. If you are feeling worried or scared, we will be providing you with some ideas and activities to keep your mind healthy.

Self Help

At school we have lots of activities and clubs and interventions to help you keep a healthy mind but at the moment we cannot do any of them for you. We have however talked in assemblies, form time and Ethics lessons about what you can do to help yourself.

1. Regular Exercise
   You should be exercising for at least 30 minutes a day which is nothing compared to all of the walking and running you do around school during a normal school day. The exercise could be a brisk walk or if you want something more try one of the following:

   - Live PE lesson everyday: https://www.youtube.com/user/thebodycoach1
   - Couch to 5k: https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/
   - Dancing: https://www.youtube.com/user/justdancegame/videos
   - Yoga: https://www.youtube.com/watch?v=6kJgTouHHeE

2. Social Interaction
   Make sure you stay in contact with friends and family as talking to other people is really important for a healthy mind. Make sure you stay safe if talking online. You could try using a video chat for a few friends together such as on Whats App. Do not get into arguments with others online as your teachers cannot be there to help you resolve them. Support each other through this difficult time.

3. Be creative
   We always feel better about ourselves if we have something to show for our day and creating something is an easy way to do this. Being creative doesn't necessarily mean doing a piece of art work, but anything you can make will make you feel more positive about yourself
   - Bake a cake https://cookpad.com/uk/search/3%20ingredient%20cake
   - Write a journal about your lockdown experiences
   - Create a rainbow to go in your window https://www.hellomagazine.com/homes/gallery/2020033187217/coronavirus-rainbow-displays-windows-photos/1/
   - Do a piece of creative writing. A stimulus could be https://www.pobble365.com/under-the-bed
   - Do some junk modelling https://www.youtube.com/watch?v=naBUDFFxrFQ

4. Sleep Routine
   Try to stay to your normal school sleep routine. It may be tempting to stay up late and wake up mid-afternoon but you need plenty of sunlight to stay healthy, even if it's only through a window. Having a healthy sleep pattern is vital for a healthy mind and will mean you make healthier choices about your diet too.

15 to 16 hours per day	14 to 15 hours per day	12 to 14 hours per day	10 to 12 hours per day	10 to 11 hours per day	8 to 9 hours per day
1 – 4 WEEKS	1 – 12 MONTHS	1 – 3 YEARS	3 – 6 YEARS	7 – 12 YEARS	12 – 18 YEARS