

📍 healthy body & mind

Try and think about keeping your body and mind as active as possible. Don't sit around for too long, get as much movement as possible.



NHS Change 4 Life

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

Lots of ideas, activities and recipes to support and healthy life for all.



- Put in as many physical activities as you can
- Go in the garden and use trampoline, bike, scooter, climbing frame, play football or any other games you can
- Do some dancing, play dance challenge games, watch and copy some keep fits videos online
- If you have any exercise machines at home use them
- Remember not to sit still for too long
- Remember your food is your fuel, so make sure you fuel your self well
- Take time to research and plan some good food options
- Use the time to involve children in food making

Keep Busy, Active and Virtually Connected

Make sure you keep in touch with people (online, video call etc) and keep your support networks active.

Make the most of your time and opportunities to learn and enjoy activities together with your child. Plan and cook meals together. Research new recipes and bake.

If you need any help or support for your child, look what is online or accessible through the NHS

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

Action for Happiness

10 keys to happiness

<https://www.actionforhappiness.org/10-keys>

Young Minds

Resources and ideas around supporting good mental health

<https://youngminds.org.uk/resources/>

Mind

Mental Health Charity

<https://www.mind.org.uk/information-support/for-children-and-young-people/>

Place2be

<https://www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/>



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Think about how much news and social media you look at, perhaps just at certain points in the day and use good quality sources of information...

<https://www.familiesonline.co.uk/news/how-to-protect-your-mental-health-during-the-coronavirus-crisis>



Why don't you just turning up the music and just dance and sing along...



**National
Autistic
Society**

<https://www.autism.org.uk/services/helplines/coronavirus.aspx>

Emotional wellbeing resources

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<https://www.bbc.co.uk/newsround/51342366>

<https://www.brainpop.com/health/diseases/injuriesandconditions/coronavirus/>

<https://littlepuddins.ie/coronavirus-social-story/>

<https://campaignresources.phe.gov.uk/schools>

<https://www.tes.com/articles/emotional-well-being-teaching-resources>

Some more useful sites and resources for wellbeing

<https://www.healios.org.uk/services/thinkninja1>
Empowering children and young people to build resilience, manage their emotional health and to fulfil their potential.

<https://educationdesty.com/blog/>
(DESTY Island Emotional Resilience Programme. – see resources section)

<https://www.oxfordhealth.nhs.uk/camhs/resources/>

<https://hampshirelibraries.blog/whenabookmighthelp/>

<https://whenthe tension goes.com/>

<https://youngminds.org.uk/resources/>

<https://www.childrenssociety.org.uk/coronavirus-information-and-support>

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

