

HOLMLEIGH PRIMARY SCHOOL

Wellbeing ideas for parents and children

Look after yourself	Connect	Acts of kindness	Take notice	Keep learning
<p>Daily exercise You could start the day with PE with Joe Wicks on YouTube. If you have a garden, you could also walk, run or cycle in your garden. You might even try dancing or playing a game involving movement.</p>	<p>Keep in touch with family, friends and teachers! Use different ways to communicate: call, text, WhatsApp, gaming chats, facetime, skype and write letters!</p>	<p>Give back to others Do something positive for somebody else, help with dinner preparations, set the table, design a menu, bake a cake for your family, help with the chores such as make your bed, learn how to iron, keep your room tidy.</p>	<p>Be still Take notice of the things around you –be still, enjoy your favourite foods, take records of birds or animals in your garden, take notice of the noises outside, interview your family members about their lives and create biographies.</p>	<p>Set yourself a timetable Try to keep to the same timetable each day, make sure that you have a purpose for your day.</p>
<p>Good quality sleep is important Try to go to bed at a similar time every night and avoid bright lights and digital devices for an hour before bed. It can be useful to read for 15 minutes before going to sleep and ensure your room is a calm dark place. Avoid light before bed, but try to see sunlight in the morning,</p>	<p>It's a family affair Enjoy things together: play games, complete jigsaw puzzles, fancy dress challenges, create a family tree, cook a meal together.</p>	<p>Give compliments and be kind Nothing makes people smile more than kindness so sprinkle it around like confetti.</p>	<p>Try to relax Listen to music, take some deep breaths, meditate, draw, colour, sit and do nothing</p>	<p>Set yourself goals Learn a new word every day, new facts or create something new.</p>
<p>Stay hydrated Make sure you are drinking plenty of water. Health authorities recommend approximately 2 litres per day.</p>	<p>Take a break from social media Limit yourself to a set amount of time each day, and don't go over it.</p>	<p>Tidy up Get rid of any clutter. Bag up any unwanted items ready to take to the charity shop once things are back to normal. A tidy life is a tidy mind!</p>	<p>Attitude of gratitude At the end of each day, make a list of all the people and things you are grateful for.</p>	<p>Learn and try new things Whether this be a new instrument, hobby or language there are a wealth of opportunities online. Try some yoga, learn how to put somebody in the recovery position, learn how to cook your favourite food or create some digital content rather than consume it!</p>
<p>Meditation and Mindfulness Find moments in your day to take part in some mindfulness meditation. Smiling mind and headspace are great apps that have a huge range of resources for all ages.</p>	<p>Read Lose yourself in a good book; it could be a favourite or new one. You can find free eBooks on: readon and audible.com</p>			<p>Keep diary Write a diary entry each day.</p>
<p>Relax Listen to music, take some deep breaths, meditate, colour, draw, take a nap, sing out loud.</p>				<p>Write your autobiography Start writing the story of your life so far</p>