

Ideas and Tools to Support Health and Wellbeing



This booklet is full of ideas to help you keep your mind and body active,
whilst you are self-distancing at home

Healthy living and wellbeing



You may be finding it hard to focus on your work at home or to stay motivated.

This is perfectly normal, but it is also important that you try things that might help and make it easier to do the work.

Give it a go! What is the worst that can happen?

Top tips

- Work is being set by your teachers- it is also important that you get balance each day.
- You are not expected to do all the work in one sitting! Remember you might have more than 1 lesson a week of that subject so your teacher may have set you work to be completed in stages over the week or they may set it each time you are timetabled for their lesson.
- If you are unsure on how long to spend email your teacher and check TEAMS and remote learning for guidance.
- Try to create a timetable to help you manage the workload. We recommend you follow your regular school day timetable.
- Remember you need to include each day: **Work, Exercise, and Relaxation Time.**

The 5 ways to Wellbeing



CONNECT

TALK & LISTEN, BE THERE,
FEEL CONNECTED



BE
ACTIVE

DO WHAT YOU CAN
ENJOY WHAT YOU DO
MOVE YOUR MOOD



TAKE
NOTICE

REMEMBER THE SIMPLE
THINGS THAT GIVE YOU
JOY



KEEP
LEARNING

EMBRACE NEW EXPERIENCES
SEE OPPORTUNITIES
SURPRISE YOURSELF



GIVE

YOUR TIME
YOUR WORDS
YOUR PRESENCE

Healthy living and wellbeing



10 tips to help you cope

1. **Plan practical things to do.** It will help give structure to your day. But remember- it doesn't matter if you don't manage to do everything!
2. **Stay connected with others.** Keep in touch with those important people in your life. Think about how you can stay in touch with people while at home: phone, messaging, video calls, social media or you could even write a letter.
3. **Talk about your worries.** This is not how we normally live it is ok to find it hard. If you don't think you can speak to someone at home some help lines are listed below.
4. **Look after your body.** It is easy to fall into unhealthy eating and lifestyle patterns. Take the time to do your daily exercise.
5. **Concern** - it is ok to be concerned about Coronavirus but for some people it may cause anxiety. Try to focus on the things that you can control. Like how you act, speak or where you get your information from. (watch the NHS video to help)
6. **The News** - don't watch the news all the time! Allow yourself a set time to catch up on the news.
7. Keep doing the things that you enjoyed. You may not be able to go out but there are lots of tutorials and ideas online
8. **Try to relax** - consider Mindful Breathing. There is a short video on the NHS website (See links below)
9. **Sleep!** Stick to a regular and good sleep routine/pattern. Everyone feels better after a good night's sleep!
10. **Keep your mind active.** Do some schoolwork, writing, painting a puzzle or a quiz!

Useful Websites

Below are some websites that can offer you support:

- NHS Every Mind Matters: www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid19-staying-at-home-tips
- Young Minds: www.youngminds.org
- NSPCC: www.nspcc.org
- Thinkuknow: www.thinkuknow.co.uk
- Children's society: www.childrensociety.co.uk
- Ownit: www.bbc.com/ownit



Useful Websites for Mental Health and Wellbeing

Below are some websites that can offer you support:

- Just one number Chathealth: <https://www.justonenorfolk.nhs.uk/our-services/chathealth>
- Nelson's Journey: <https://nelsonsjourney.org.uk/>
- Mind: <https://www.mind.org.uk/>
- MAP: <https://www.map.uk.net/>
- Kooth: <https://www.kooth.com/>



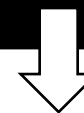
Useful Websites for Self Harm

If you are supporting someone who self-harms, you should also make sure you take care of yourself too.

These organisations offer information and advice for friends and family:

- Mind: <https://www.mind.org.uk/>
- Staying Safe: <https://staying-safe.net/home>
- Young Minds: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-self-harm/>
- NHS, How to help someone who self-harms: <https://www.nhs.uk/conditions/self-harm/how-help-someone-else/>
- Guide for parents and carers, coping with self harm: https://www.psych.ox.ac.uk/files/news/copy_of_coping-with-self-harm-brochure_final_copyright.pdf
- University of Nottingham, 'It's ok to talk about Self harm': <https://documentcloud.adobe.com/link/track?uri=urn:aaid:scds:US:a2080ffa-234c-4bca-860e-e26fa66cdf3b#pageNum=1>


Activities to Help your Health and Wellbeing



Using Taverham High's positive behaviours try to do a new one each day!


Prepared	Ambitious	Inquisitive	Resilient	Collaborative	Imaginative
Write and post a letter to a friend, relative or someone you have lost touch with	Set yourself a daily or weekly goal	Research a topic that you have never studied before or are interested in	Teach a family member something that they do not know and that you have learnt in the last few months	Cook a meal with a family member	Write yourself a letter of what you want to achieve once social distancing ends
Sort out your bedroom and its contents	Learn a new skill	Learn a new language. Try Duolingo for free	Create an obstacle course in your garden or set yourself a challenging boot camp circuit	Help with a chore in the house or complete a DIY project	Describe how you think the world will be after social distancing
Plan out what you are going to do and with whom when social distancing ends	Complete Joe Wicks's or Oti Mabuse's dance routines on YouTube	Plant something – grow some vegetables and create some recipes that you are going to use to them for.	Try the 100-day mindfulness challenge by Miss Steer on YouTube.	Play a board game/puzzle with the family	Keep a COVID 19 diary. What are the new things you have learnt about yourself and what you can do? What are you missing?

Keep Active: Try to do some form of exercise each day. Here are some suggestions
(don't forget to warm up first)



100 consecutive skips	5K run either in your garden or in the neighbourhood. You could do the 'Run for Heroes'	Football keepie-uppies	Try a new form of dance: Ballet, Jazz, ballroom with a YouTube tutorial	Create your own bowling alley with water bottles	Have a secret word. When it is said you must do a sit up/squat or other exercise of choice	10,000 steps a day. Your phone can act as a pedometer	Try a martial arts tutorial online	30-day plank challenge. Start with holding the plank for 5 seconds on day 1 working up to 5 minutes on day 30!
Create your own set of circuit training exercises.	Uno Workout: Yellow: Jumping jacks Red: Plank -hold it for as long as you can Blue: push ups Action Card: 10 of your choice	Have a game of 'it' or 'stuck in the mud'	Play catch; either on your own or with someone- how long can you keep it going. Think Joey in Friends!	Roll the dice. The number it falls on determines the number of exercises you need to do	Go for a bike ride or even a slow ride. How slow can you go and still stay on your bike!	Dribble a ball around a range of obstacles	How many star jumps can you do in a row?	How many burpees can you do in a row?
Penalty shout out	Have a Welly Wanging competition in the garden.	Get gardening- pull up some weeds	Yoga on You Tube	Walk/run on the spot. You can even watch a film whilst doing it!	Sports Day in your garden	How many press ups in a row can you do?	Use tins as weights to build muscle	10 sets of lunges

Reading Challenge: Try something different from your regular read. Remember, you can borrow Ebooks for free from the Norfolk Library Service.



A book that was banned	A gothic novel	A graphic novel	A book that was made into a film	A play	A thriller
A book that has been shortlisted for a prize	A classic novel	A childhood favourite	A book by a new author	A romance	A ghost story
A short story	Your all-time favourite	A diary or book of letters	A book written in the year you were born	A book recommended by a friend or relative	Dystopian novel
A book set in Norfolk	A non-fiction book	An audio book	Poetry	Book with mythological creatures or witches and wizards	A book with animals
A book with a green cover	A book that is written by an author that shares the same name as you or family member	A book inspired by true stories	A book with a one-word title	The first book of a series	An autobiography

If you would like some ideas or help with a book don't forget you can email your English teacher or our librarian!

GROUNDING

is when you take some time to
pause in your day for *YOU*

Take a deep breath. What
can you smell? Does the
smell invoke any
memories?

Close your eyes and see if
you can identify five sounds
around you. Can you hear
someone walking past?
Wildlife? Cars on the road?
The radio? Music? Or the
murmurs of conversation in
another room?

Hold up the palm of your
hand and with a finger
from your other hand trace
a number eight on your
palm. Or get a small bit of
hand cream and slowly
massage it into your skin.

Stand up and look out the
window. What can you see?
What colours are on the
trees? What's the weather
like?

Look

Listen

Smell

Touch

Taste

Put a piece of fruit in
your mouth. What
does it taste like?
What does it feel like?
Soft? Crunchy? Sweet
or sour?

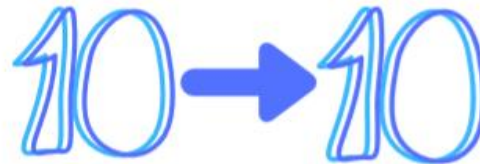


BREATHING

some techniques to help you
calm down. It's important to
look after *YOU*



Breathe in, hold your breath
for 5 seconds and slowly release



Count down slowly from
ten to one
focusing on each number



Breathe in through your nose
and out through your mouth

Try to remember during high anxiety or
a panic attack: this will pass. You are *SAFE*

RELAXING

some techniques to help you rest in the right way. It's important to look after *YOU*



Try and have a set bedtime routine and go to bed around the same time every night. 8 - 9 hours on a school or college night is ideal



Try to help your focus by using your phone less. At night don't have your phone in your bedroom. Use an alarm clock to wake up (not the alarm on your phone)



Explore nature and go for short walk in your local area



If you want to minimise distraction on your phone, move things like social media apps and games away from your home screen