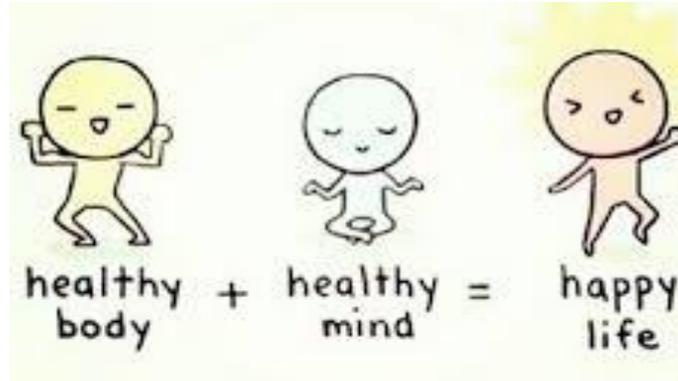


A wellbeing guide to keeping your body and mind healthy



During this time it is important to keep your mind and body healthy.

In this short guide are some useful links that can be helpful for your whole family.



Sport England has provided the following key points about what you can and can't do during the lockdown:

- Taking daily exercise is one of the four reasons the government has advised that it's fine to leave your household for.
- You can do one form of exercise outside each day, for example a walk, run, or cycle – alone or with members of your household.



- While you're out, always keep at least two metres or more away from anyone outside of your household. This will stop the virus spreading.
- Minimise time outside and wash your hands when you return home.



Healthy Body

- Join the **Body Coach Joe Wicks** for PE at 9am streamed on YouTube.
- Sign up to **Active Kids Do Better** to get moving, track physical activity and earn rewards. This collaboration between Nike and Discovery Education has a range of resources including videos to help keep children active. Click [here](#) to access.
- The **Youth Sport Trust** have developed a range of 60 second challenges to encourage children to continue their Personal Challenges at home by trying to improve their performance. Try a range of activities and download a challenge tracker to track your performance! Click [here](#) to access.



See below for some ideas:

Battleships

Home Physical Education

How to play:

- With a partner, each player places three targets (battleships) in front of them.
- Players take turns to throw an object towards their opponent's battleships.
- Each time a battleship is hit, it is removed.
- Players are not allowed to stop the object from hitting a battleship.
- The winner is the first player to hit all of their partner's battleships

Top Tips

Throwing Underarm

Step forwards with one foot, releasing the ball from low to high using your opposite hand

Let's Reflect

What did you learn after each throw to adapt for the next?

How did you keep focused?

Can you play fairly and keep the score?

Can you keep trying even if you miss the target?

Believing in every child's future

Rolling Penalties

Home Physical Education

How to play:

- With a partner, set up a goal using two markers.
- Player 1 starts 5 steps away from the goal. Player 2 starts in goal.
- Player 1 rolls the ball towards goal trying to roll the ball past player 2.
- Can player 2 prevent the ball going past them? Can player 1 score?
- Players score a point each time they score a goal. The first to score 5 points is the winner.

Top Tips

Rolling & Saving

Saving: Look up, concentrate on the ball, be on your toes.

Rolling: Use an underarm technique and concentrate on where to aim.

Let's Reflect

How did you feel when your roll was stopped?

Were you able to concentrate on the target to score a point?

Can you play fairly and keep the score?

Can you concentrate on where to aim?

Believing in every child's future

BBC Super Movers website contains a host of free online videos & fun curriculum linked resources to get children moving while they learn. Many of the videos include famous sports people and celebrities to help encourage children to get involved. Click [here](#) to access.



Healthy Mind

HOW STUDENTS CAN LOOK AFTER THEMSELVES AND OTHERS DURING SELF ISOLATION

@BELIEVEPHQ

- 1 Stay in regular touch with friends through skype, facetime or google hangout. Staying connected can help reduce stress and anxiety
- 2 Make sure you engage in regular exercise. You can make this fun and do it online at the same time with friends or family
- 3 Don't be afraid to check in with your friends or family. Ask them how the are doing and see if you can help them in anyway
- 4 Challenge yourself each day to be curious about how well you can stay focused on the present moment
- 5 Reduce the amount of time you spend on social media and checking the news. Regular checking can increase worry
- 6 Schedule a time each day where you can sit down with your family and talk about what you are thinking and how you are feeling
- 7 Take care of your physical health. Maintain a good sleep routine and make sure to eat a well balanced diet
- 8 Slow down what you are doing and breathe. Deep breathing is a great way to calm your mind and body
- 9 If you are struggling do not be afraid to reach out for help. Speak to your friends, family or teachers and ask for support



Cosmic Kids allows you to access themed yoga lessons, mindfulness activities & relaxation sessions - ideal for children and adults alike. Click [here](#) to access.

You can also find their Yoga tutorials on YouTube



Imovement offers fun, active learning resources that change daily. Focusing on mindfulness and movement, pupils can stay active & healthy even if they aren't at school. Click [here](#) to access for FREE.

Go Noodle offers a range of free online videos which encourage children to move more and be mindful. Created by child development experts, they are available for free to everyone. Click [here](#) to access.

The **Mind** website has a whole range of apps that are designed to support a variety of mental health and wellbeing concerns- <https://www.mindcharity.co.uk/advice-information/how-to-look-after-your-mental-health/apps-for-wellbeing-and-mental-health/>



YOUNGMINDS

Young Minds also has some great tips for looking after yourself and your mental health <https://youngminds.org.uk/find-help/looking-after-yourself/>

Some practical ideas to keep calm and carry on!




ACTIVE COPING CALENDAR: APRIL 2020




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl</p>			<p>1 Make a plan to help you keep calm and stay in contact</p>	<p>2 Enjoy washing your hands. Remember all they do for you!</p>	<p>3 Write down ten things you feel grateful for in life and why</p>	<p>4 Stay hydrated, eat healthy food and boost your immune system</p>
<p>5 Get active. Even if you're stuck indoors, move & stretch</p>	<p>6 Contact a neighbour or friend and offer to help them</p>	<p>7 Share what you are feeling and be willing to ask for help</p>	<p>8 Take five minutes to sit still and breathe. Repeat regularly</p>	<p>9 Call a loved one to catch up and really listen to them</p>	<p>10 Get good sleep. No screens before bed or when waking up</p>	<p>11 Notice five things that are beautiful in the world around you</p>
<p>12 Immerse yourself in a new book, TV show or podcast</p>	<p>13 Respond positively to everyone you interact with</p>	<p>14 Play a game that you enjoyed when you were younger</p>	<p>15 Make some progress on a project that matters to you</p>	<p>16 Rediscover your favourite music that really lifts your spirits</p>	<p>17 Learn something new or do something creative</p>	<p>18 Find a fun way to do an extra 15 minutes of physical activity</p>
<p>19 Do three acts of kindness to help others, however small</p>	<p>20 Make time for self-care. Do something kind for yourself</p>	<p>21 Send a letter or message to someone you can't be with</p>	<p>22 Find positive stories in the news and share these with others</p>	<p>23 Have a tech-free day. Stop scrolling and turn off the news</p>	<p>24 Put your worries into perspective and try to let them go</p>	<p>25 Look for the good in others and notice their strengths</p>
<p>26 Take a small step towards an important goal</p>	<p>27 Thank three people you're grateful to and tell them why</p>	<p>28 Make a plan to meet up with others again later in the year</p>	<p>29 Connect with nature. Breathe and notice life continuing</p>	<p>30 Remember that all feelings and situations pass in time</p>		

ACTION FOR HAPPINESS







www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

30 actions to look after ourselves and each other as we face this global crisis together

9 CALM DOWN IDEAS FOR KIDS

- 1.** Go outside and kick a ball or run around.
- 2.** Punch a pillow.
- 3.** Listen to music or sing a song.
- 4.** Close your eyes and think of a calm place.
- 5.** Draw a picture.
- 6.** Write a letter or a story.
- 7.** Read a book.
- 8.** Talk to someone.
- 9.** Ask for a hug.



Managing Big Emotions with Childhood 101

HELPING CHILDREN LEARN TO COPE

Don't forget we're here to help. Make sure you follow us on social media – look up Voyage Learning Campus on Twitter, Instagram and Facebook



Email us at

closure@voyagelearningcampus.org.uk

#keepintouch