

The page features a light teal background. At the top and bottom, there are decorative borders consisting of numerous small, irregular, brush-stroke-like shapes in shades of orange, red, and yellow, resembling confetti or paint splatters.

Wellbeing guide for pupils who are self-isolating

What is wellbeing?

Having **positive wellbeing** means life is good and we are healthy, safe, comfortable and happy. The adults in your life do their best to look after your wellbeing every day.

Being at home can affect wellbeing in different ways. It's a new and scary experience and it may take a little time to get used to. This guide is here to help you.

Wellbeing is linked to **mental health**. Mental health is like physical health, but instead of taking care of our bodies it means taking care of our emotions, feelings, thoughts and behaviours. Everyone needs to be aware of their mental health and the best way to do this is keep talking to someone about how you are feeling.



In this guide

This guide is designed to help pupils and their families to support their own wellbeing and mental health whilst spending time at home. The following pages cover:

- Connection
- Creativity
- Exercise
- Screen time
- School work
- Routine (including template)
- Other support (for adults)
- Contact details

This guide is not a workbook which the Academy is asking you to follow - everything in here is optional and adaptable. We hope you find it useful.



Connection

Being at home can be hard when we are used to seeing friends every day. It is important to stay connected even if you are staying inside so that you do not feel lonely.

- Write a letter or send an email to a friend.
- Make a postcard and send it to a friend, or send a picture of it to a friend.



Tip for adults: Speak to your child about scheduling time to check in with people outside the household such as family or friends. Video calls or phone calls are better than messaging.

Creativity

Creative projects can help to occupy your mind and help you to relax.

- Colouring
- Arts and crafts
- Listening to music and singing along
- Writing in a diary
- Making cards, letters or presents
- Making up a song



Exercise

Staying active is important for your mental health. It can help boost your mood and improve your sleep. If you have a garden, use it for active time. Here are some more ideas for staying active:

- Dancing
- Helping with cleaning
- Online exercise videos
- Changing where you sit at least every hour



Screen time

Devices can be fantastic for learning, having fun and staying in touch with people, but they can mess with your sleep and wellbeing if overused. Speak to an adult about how to use devices best.

- Remember to practice internet safety.
- Have set times for games or free time, and set times for school work or learning.



Tip for adults: consider a cut-off time for using devices of 7pm or earlier. The light from screens can affect sleep.

School work

You don't need to worry about missing school. Staying on top of your learning whilst at home will help to stimulate your brain and stop any worries about falling behind.

- Have set times for completing school work. This could be 9-3 as usual.
- Make sure you have breaks throughout the day as you would in school.



Tip for adults: check the Academy website for details of online platforms and work packs relevant to your class.

Routine

Being at home is different to being at school and may feel boring. Planning how to spend your time is important.

- Decide what time you will wake up and stick to the same time every day.
- Include relaxation and challenging activities.



Tip for adults: Consider including a daily schedule with your child with time for different activities, including exercise, time with and without a screen, schoolwork. This guide includes a suggestion.

Daily schedule

Here are two possible daily schedules. They are just suggestions, but hopefully offer an idea of how you can create a routine. Feel free to use or adapt them to work for you and your family.

8:00 - 9:00	Breakfast and chores
9:00 - 10:00	English work
10:00 - 10:30	Board game / activity with siblings
10:30 - 11:30	Maths work
11:30 - 12:30	Device time
12:30 - 1:30	Lunch with siblings/family/video call
1:30 - 2:00	Time outside
2:00 - 3:00	Creative activity/topic work
3:00 - 3:30	Phone call/ social check in
3:30 - 4:00	Reading (own choice)

8:00 - 8:30	Breakfast
8:30 - 9:00	Time outside / physical activity
9:00 - 10:00	English work
10:00 - 11:00	Learning on device
11:00-11:30	Break - free time
11:30-12:30	Maths work
12:30 - 1:00	Art
1:00 - 2:00	Lunch
2:00 - 2:30	Puzzle/sudoko/crossword
2:30 - 3:00	Time outside
3:00 - 4:00	Letter writing/phone call time

Other support (adults)

We hope you have found this guide useful. If you would like to learn more about wellbeing, the following resources are recommended:

- The **NHS** page on the 'five ways to wellbeing'
<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- **Mind** is a leading mental health charity, their website contains lots of resources including specific guidance on Coronavirus: <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>
- **Young Minds** is a youth mental health charity, they offer specific advice on children's wellbeing:
<https://youngminds.org.uk/find-help/looking-after-yourself/>



If you or someone you live with are in a mental health crisis, please seek help immediately. Call NHS 111 straight away to assess if medical attention is needed. You can also call The Samaritans on 116 123 to speak to someone confidentially.