


Encouraging positive mental wellbeing



Plan your day

Children will benefit from having structure while they are not attending school. Creating a timetable for them to follow will guide them with regards to completing any school work but will also make it easier to ensure that you are able to balance this with downtime and relaxation. Try to maintain a normal routine in terms of going to bed at a reasonable hour and getting up in good time.



Get some fresh air.

If you're lucky enough to have a garden, take advantage of this while we are confined to our houses. Vitamin D found in the sun's natural rays is known to have positive benefits to our mental health.



Social media

Although we discourage young people spending too much time on their social media, online gaming and phones, during this testing time it is important that children feel connected to their peers. Allowing them access to interact with others can benefit their mental wellbeing, however, please be vigilant with regards to who they are contacting and what is being said.



Mindfulness colouring.

Some young people may see colouring as something they did when they were much younger but there are some great resources out there providing free printable colouring sheets aimed at older young people and adults:

<https://bit.ly/3bEoBUn>



Exercise

It is important that we stay as active as possible in these times. When you exercise, your body releases chemicals called endorphins. These endorphins trigger a positive feeling in the body and can aid positive wellbeing. One example of how to get children to stay active while confined to their home is the Joe Wicks PE sessions that are free to access on YouTube at gam every day.



Watching documentaries

If you want to encourage the positive use of screen time and at the same time want to encourage learning, BBC IPlayer has some great documentaries, the Blue Planet is an example of a very popular one.



Prayer

Prayer is a wonderful way of keeping us calm. You could read a section of the daily Mass readings that can be accessed here. You may just want to have a chat with God and share with Him your fears and anxieties,

Visit

<https://bit.ly/2w4LOjr>
<https://bit.ly/2X1Epmi>
<https://bit.ly/2WZFZyB>



Cooking

Take the opportunity to introduce some life skills to your children. Cooking can be a great way to do this and something that you can do together. BBC Good Food has a section dedicated to recipes suitable to attempt with children

<https://bit.ly/2V5RlyP>