

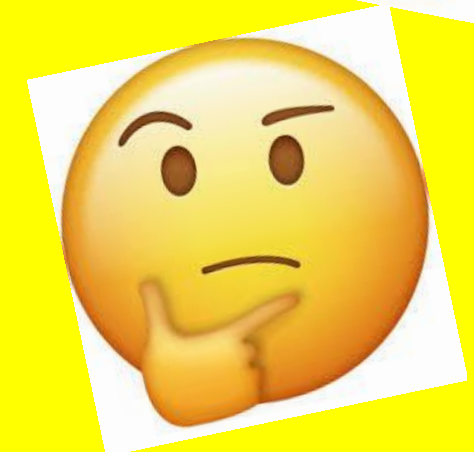


Wellbeing Wednesday
1.04.20

During home, learning social distancing or self-isolation, pay attention to your own wellbeing and that of those around you

How you may be feeling....

- Everyone will have different ways of coping and showing their feelings at this time – this is normal!
- You may feel calm at times and then anxious at other times
- So what can you do to help yourself and others?
- <https://www.bbc.co.uk/newsround/51896156>



So, what to do at home?



Keep a regular routine –

- Get up and complete your school work keeping to a normal timetable if possible
- Email teachers if you need help with your work – staff are still here to help
- Give yourself some breaks and treats
- Try and break up your screen time

There are plenty of ideas online – choose things that you are interested in...

What about Yoga?

- https://www.facebook.com/events/264162791260617/?event_time_id=264162797927283



Virtual Event: Free Kids Friday Wind Down Yoga with Luci Trendle

Public · 4 instances · 976 people · by Luci Trendle Yoga Teacher and Village Eye

Select a date and time

FRI, 3 APR
16:00

FRI, 10 APR
16:00

FRI, 17 APR
16:00

+1

Keeping good relationships

- At this time when families are together more than usual, some stress and arguments are natural. Remember these key messages if things get a bit difficult at home
- Listen to others – try and understand their point of view
- Try and explain how you are feeling – try and stay calm
- Take time out – go and listen to music, stand in the garden, give yourself space to calm down
- Hug it out! Other people in your family will be feeling stressed too

Your challenge.....

- We want to hear your stories – over the next 3 weeks, write or make something that you can share with Prospect School staff and students
- A poem? A song? A diary of ‘one day in isolation’? A photo story? A news article about your family? An Easter themed piece of artwork?
- Send your entries to Miss McCabe / Mrs Crane - lmccabe@prospect.reading.sch.uk, ccrane@prospect.reading.sch.uk

And finally....

- Keep in touch! If you have any worries during this time, contact a teacher by email.

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