

Wellbeing is important to us at Beecholme and it is especially important to look after our mental health during lockdown. This is your weekly check-in with some tips and ideas from us to support you and your family at this unusual time.



A break from the screen

1 Get doodling! Grab some paper and pens and doodle anything you like! Animals, aliens or something else. 	2 Create your own animal. Could you combine two of your favourites? What will you call it? 	3 Design and draw a new musical instrument. How would you play it and what will it sound like? 	4 Make up your own 5 minute exercise routine. What will you include? 	5 Can you make up your own jokes? Tell them to someone to make them laugh!
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Stress toys

This exercise releases muscle tension and massages your hands.

Make your own stress balls by filling balloons with dry rice or pulses. Take the balls in one or both hands and squeeze and release.

Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of your squeezes to whatever way you like.

If you are feeling overwhelmed...



Staying positive

tiny POSITIVES
or little things that
COUNT today...

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Stay safe online

Use the opportunity to chat with your child

With children and parents spending more time at home, now is a great time to continue to chat with your child about how they are using online technology and what it means to them. Ask them what they are doing online, and what they like and dislike about the apps and services they use. If you like, discuss some 'ground rules,' like how much time they spend online doing different things and what games and apps are appropriate to use.

www.cosmickids.com



Stay active

Get creative

Day 1

You were hired by an amusement park to create a new roller coaster.



Take a brain break

Go for a wellbeing walk

Take the children for a brief five-minute walk in one of the outside areas of your school. Once you reach the destination, ask them to close their eyes and tune in to their senses for 30 seconds.

Ask them to answer in their heads: What can they hear? What can they smell? How do they feel? Ask them to open their eyes and really look closely at something they normally wouldn't, then ask what they noticed about it. In partners, children can share what they noticed before walking back to class.