

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



If you are feeling overwhelmed...



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.

6 Make some jewellery.
Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads!

7 Paper aeroplane challenge!
Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it?

8 Fingerprint art!
Use only your fingertips and paint to create a picture.



9 Make a bookmark to use when you're reading.



10 Make some wild art using sticks, leaves, flowers and anything else you can find outdoors.



A break from the screen

Staying positive

Stay safe online

Explore Thinkuknow resources together
Thinkuknow is the online safety education programme from the National Crime Agency. Every fortnight, Thinkuknow will release a new set of simple online safety home activities to share with children and young people between the ages of 3 and 16. Use these to help you keep up a positive, supportive conversation about safety online in your home. Take a look at the Parents and Carers Help sheets for further online safety advice and links to useful resources and support services.

www.gonoodle.com

Stay active

Dear _____

Thank you for _____

Get creative

Day 2

NASA needs you to build a new rocket.



Take a brain break

Create a musical storm
Ask children to all tap one finger of each hand on their desk gently, like the patter of light rain. Then ask them to make the rain a little heavier, adding a second finger to the tapping. Build this up to a crescendo so the children are eventually tapping all fingers on the desk. You may also want to add in some instruments to make the sound of thunder. Gradually signal to the children to bring the volume down ending up with just a light patter again before silence. As an alternative, you could ask a child to conduct the storm.