

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.

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Beecholme



Staying positive

Who is your...



WAHOOO

EVERYDAY HERO = somebody who makes your world a little bit happier

Stay safe online

17 Describe the most disgusting meal EVER! What is in it? Spaghetti worms, toenails on toast or something else?



18 Create a comic strip about an animal who turns into a superhero. Which animal will you choose?



19 Create a family kindness jar. Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat!

20 Find a fun place to sit and read a book. Under the bed? Up a tree? Where will you go?



A break from the screen

Push against a wall

This is perfect for getting rid of stress without having to go outside or even leave the room.

Push against the wall for 10 seconds. Imagine you can push the wall over if you try hard enough! Repeat three times.

When you do this your muscles contract and then relax, releasing feel-good hormones into the body.



If you are feeling overwhelmed...

Day 5

Get creative

You enter a contest to build the world's tallest tower. Will you win?



Stay Active with Andy's Wild Workouts

4. Set up or review your parental controls

Setting parental controls can be a quick and effective tool to help protect your children online, and should be installed on all devices that children use. For advice and support in setting these controls, please go to www.thinkuknow.co.uk

Take a brain break

5. Mirror mirror

Ask the children to get into pairs, standing apart but facing each other. Explain that one of them is to be the person and the other is to be their mirror reflection so they must match their actions as closely as possible. Every time the person moves slightly the mirror must copy. In the classroom encourage these to be slower, smaller movements, but where space allows these can be more mobile. Allow the children to alternate roles.