

Kingstone High School

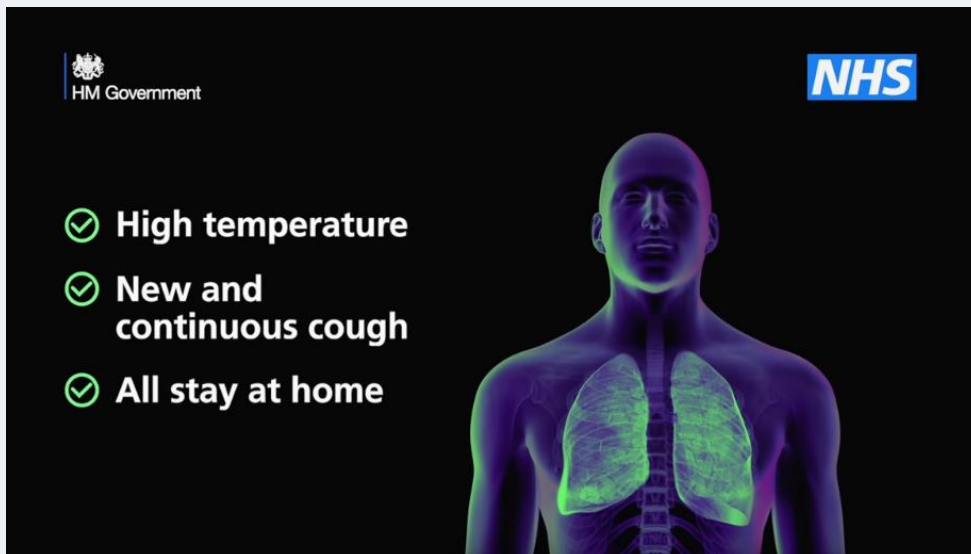


The Wellbeing Book

Kingstone High School Information:

COVID- 19 guidance

<https://www.youtube.com/watch?v=PBpjOIXlnUE> – information provided by the governments Chief Medical Officer.



*If you are getting increasingly worried about either yourself or someone you live with you should not go to the GP or Hospital, instead you should go online to <https://111.nhs.uk/covid-19> , if you can't get online or your symptoms worsen you should call **111**.*

Contacting the school

*The Main office is still open until 16:00 weekdays if you wish to contact the school -**01981 250224***

Students may also contact their teachers via email if they need additional information or help.

Social Distancing and self-isolation

Social distancing and self-isolation can be difficult and hard to deal with. It is completely normal to feel a little bit lost, anxious, frustrated and even bored. If you are worried about the effect it will have on your mental health, you're not alone.

Here are a few tips for looking after you and your wellbeing during quarantine.

- ❖ Talk to someone about how you are feeling*
- ❖ Stick to a routine*
- ❖ Find things that help you feel calm*
- ❖ Educate yourself*
- ❖ Create an action plan*
- ❖ Exercise daily*

Please see daily planner template on next page.

DAILY PLANNER



DATE / /

MUST TO DO TODAY

Large green writing area with horizontal dashed lines for notes.

DAILY GOALS

Green writing area with horizontal dashed lines for daily goals.

APPOINTMENTS

Orange writing area with horizontal dashed lines for appointments.

NOTES

Green writing area with horizontal dashed lines for notes.

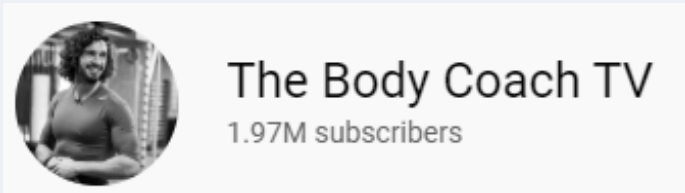
Apps, exercise and more



Down Dog- Free Yoga App



Couch to 5K- Free Running App



The Body Coach TV
1.97M subscribers

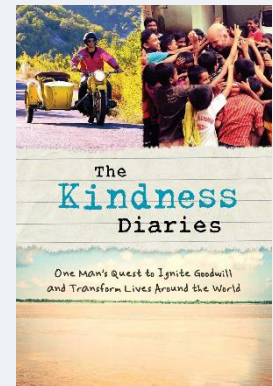
Joe Wicks Daily P.E. lesson on YouTube

Happy Colour- Free colouring App



Rachael Kable- the mindful kind podcast

Leon Logothetis- The Kindness Diaries Netflix



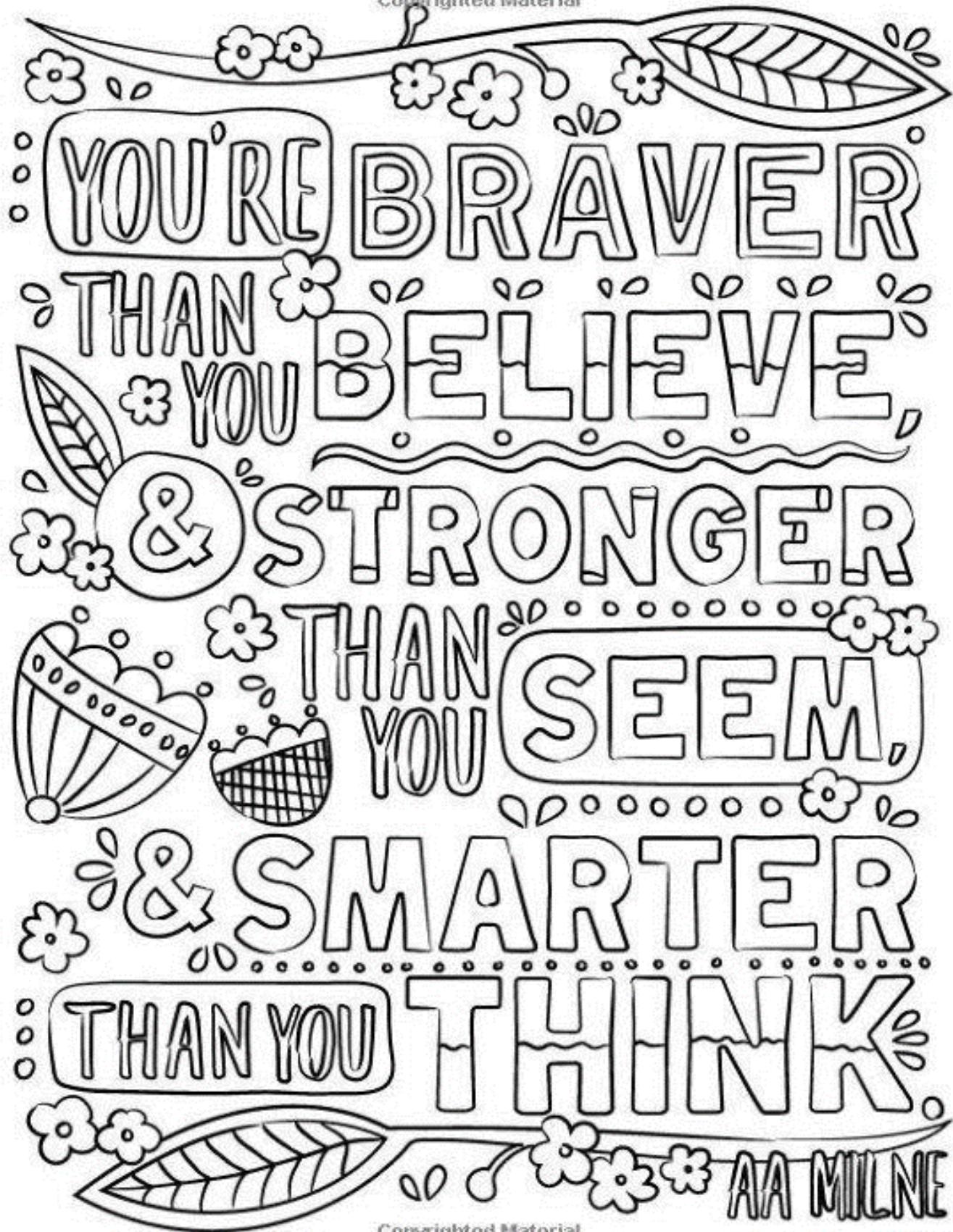
Mary Meckley – The Daily Meditation podcast



25 things YOU can CONTROL

- #1 How you respond to challenges.
- #2 Who you ask for help.
- #3 WHEN YOU ASK FOR HELP.
- #4 saying you need a break.
- #5 HOW YOU ACT.
How much effort you put to something.
- #6
- #7 Getting enough sleep.
- #8 Completing your responsibilities.
- #9 Using an i-Statement.
- #10 saying what you need.
- #11 How much exercise you do.
- #12 Setting your boundaries.
- #13 Respecting the personal space of others.
- #14 When and if you forgive others.
- #15 HOW OFTEN YOU SMILE.
- #16 owning up to YOUR MISTAKES.
- #17 Whether or not you accept yourself.
- #18 Whether you look for the negatives or positives.
- #19 What you focus on in this very moment.
- #20 What goals you create for yourself.
- #21 THE KIND OF ATTITUDE YOU HAVE.
- #22 How you relate to you feelings.
- #23 Whether you help someone out or not.
- #24 How you take care of and treat your body.
- #25 WHEN YOU SHOW EMPATHY.





WHAT IS MINDFULNESS?

1. DIRECTING OUR ATTENTION TO OUR EXPERIENCE AS IT UNFOLDS.
2. TRAINS US TO RESPOND SKILLFULLY TO WHATEVER IS HAPPENING; GOOD OR BAD.
3. IMPROVES OUR THOUGHT PROCESS, FEELINGS AND CONCERNS FOR OTHERS.
4. HELPS US PERFORM BETTER, FEEL CALMER AND LESS DEPRESSED.

Doodle a Day



Mindfulness Activity
Card

Place your hand on your belly.
Take 10 deep breaths and
notice your hand moving up
and down as you breathe.

Mindfulness Activity
Card

Sit very still and notice one
thing that you can see, hear,
feel, taste and smell.

Mindfulness Activity
Card

Close your eyes and spend one
minute thinking about the
happiest day of your life. Try
to remember as much about
that day as you can.

Mindfulness Activity
Card

Close your eyes and think
about how you are feeling.
Happy? Sad? Mad? Scared?
Excited? Something else?
Think about how you know you
are feeling this way.

Mindfulness Activity
Card

Close your eyes and sit
quietly. Notice the way that
your clothes feel on your body.
Notice your shirt, pants and
shoes. Do you notice anything
you didn't notice before?

Mindfulness Activity
Card

Sit quietly and place a small
object in your hand. A pencil,
eraser, or something else.
Notice how heavy the object is.
Think about what it feels like
in your hand. Notice one new
thing about this object.

THERAPEUTIC INSPIRATIONAL QUOTES

SIMPLE GROUNDING EXERCISE:

DESCRIBE IN DETAIL

5 THINGS YOU SEE

4 THINGS YOU FEEL

3 THINGS YOU HEAR

2 THINGS YOU SMELL

1 THING YOU TASTE

**GROUNDING HELPS WITH
ANXIETY, ANGER, PTSD AND FOCUS.**



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30 Activities to do during your Isolation

1. Treasure hunt (with clues, hide a favorite toy somewhere in the house)
2. Make a batch of play doh
3. Tint shaving cream with food colouring, paint the windows or glass doors (or the inside of the shower glass) then rinse it off
4. Go through clothing from previous seasons, try on and cull things that are too small
5. Play dress ups in mum and dad's clothes – do a photoshoot
6. Graffiti the garden fence with chalk
7. Make a small bowl, plate, egg cup or statue from air dry clay
8. Day spa – do a Mani/Pedi/foot soak/face mask
9. Go through old photos and videos, and old craft and paintings
10. Have a Living Room disco – play freeze, musical chairs, have a dance off
11. Go through recipe books together and have a bake off challenge
12. Do a backyard scavenger hunt
13. Make Origami animals or paper ninja stars
14. Gardening – pull weeds, trim bushes, collect flowers for a vase
15. Make a mud kitchen in the garden, make different coloured rock paint
16. Practice hammering nails into a plank of wood
17. Organise the books on your shelf into a rainbow of colours
18. String up a sheet tent in the backyard
19. Find three toys to give to charity
20. Using Lego characters or other small toys, make a stop motion movie (download the app Stop Motion to your phone or Ipad)
21. Organise your Lego and then have a building challenge. Who can build the best house, hotel or shop?
22. Write notes of love, compliments or doodles and hide them around the house for family to find
23. Do a marshmallow toothpick engineering challenge?
24. Create a “God's eye” weaving using sticks and wool
25. Build a teepee fairy house
26. Try shadow drawing, leaf rubbings, painting bark or stones
27. Build a bug hotel
28. Try leaf threading and make a nature chandelier
29. Use a mirror to draw a self portrait
30. Create a river in the garden and float things down it

Stay Safe
Stay Home
