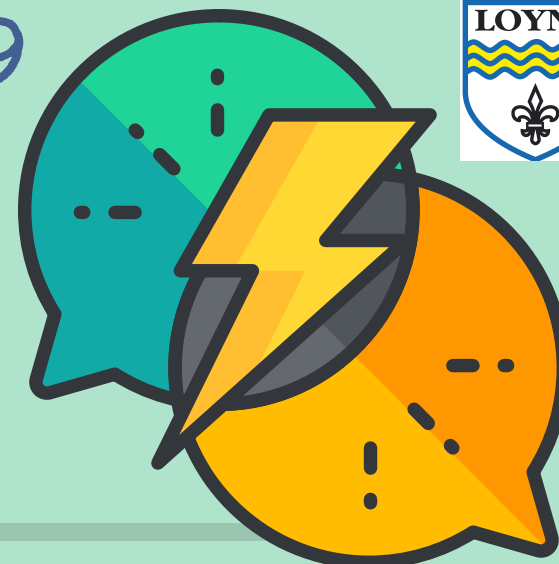
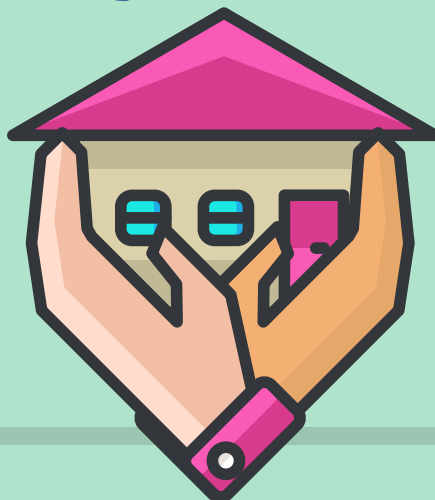


Protecting your mental health whilst at home during COVID 19



Connect

Talking to people you can trust can help. Maintain regular contact with family and friends.

The school's [Facebook](#) and [website](#) will be updated regularly. Use this to keep your child familiar with faces, names and resources.

Take Notice

Be aware of keeping to a daily routine. Maintaining structure will support the body's natural rhythm.

Be aware of your child's [physical](#) and [sensory](#) needs and try to incorporate at least 60 minutes of movement into their day.

Keep Learning

Stay connected with current events, but be careful where you get news and health information from. For up-to-date advice see the NHS [webpage](#).

Get [creative](#) with your child in activities such as arts & crafts, drawing, painting & colouring, music and singing.

Be Active

Build physical activity and the outdoors into your daily routine. Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

[Sport England](#) has excellent ideas for both seated and standing exercises.

Give

Ensuring that our school community continues to support one another will be fundamental to the wellbeing of all our families.

There are national online supportive [communities](#). And locally there is a helpline for those self-isolating: 0747393264.