



# MALCOLM SARGENT PRIMARY SCHOOL

Love To Learn

## **Guidance For Children Staying Healthy & Happy When At Home**

*Make sure you fit in all of the 5 Ways To Wellbeing into your day:*

1. Keep Learning – log in to Seesaw and complete the tasks set by your teachers, so that you can put your mind to something useful, keep your brain active and reduce the time spent worrying about other things. You might also have time to start learning something new which has not been set on Seesaw – learning an instrument, learning how to sew or knit, researching an aspect of history or geography which interests you, keeping a daily journal.
2. Be Active – don't forget that exercise is not only good for the body, but also good for your mental health. Challenge yourself to complete a certain amount of exercise each day either in the house or in the garden if possible. Some exercise will be set on Seesaw each day, but you should do more yourself, whether it is following a keep fit video, or going into the garden to practice ball skills. Why not set up your own multi-skills area?
3. Give – lots of things are different at the moment. It is okay to feel strange and a little worried about the changes and everyone will be feeling the same. One thing we can all do to help with these feelings is to help other people. What jobs could you do around the house which will help everyone out? Don't forget to let people know when you are thankful for what they do for you. Don't forget to give your smiles and kind words to those people around you.
4. Take Notice – be aware of the good things going on around you. Look for the positives and spend time reflecting and thinking about them. This could mean going into the garden to notice the changes happening as we enter spring. Set up some bird food and see which birds start to use it in the garden. Go bug hunting in the garden. Start a journal of the changes you can see each day as things start to grow. Don't forget to take notice of yourself – remember the mindfulness exercises your teachers do with you during Jigsaw. Why not spend some time closing your eyes and concentrating on feelings of your body?
5. Connect – even though we need to be more careful that we spend time with family members safely at the moment, we can still connect with them. Using email, messenger, a blog or a video call. Don't forget to cheer people up, especially those who live alone or haven't seen you in a while, by calling them and having chat.

Some other tips taken from a range of advice on how to stay healthy and happy:

1. Routine – it is really important that we try, as much as possible, to develop a new routine for our day. This means making a timetable of when we do things each day, like the visual timetables which are on the board at school. Include the times you want to spend on Seesaw, the times you

want to exercise, eat and play. Don't forget it is important to have time connecting with other people safely, taking notice of the world around you, and being helpful around the home as well. Sticking to a routine will help to give you a sense of purpose, will help you to feel happier and less worried, and help you to get things done. It is also important to get up properly each day, when it is a school day, just as you would do when you are at school during the week. Get dressed, clean your teeth, have breakfast, prepare for the day.

2. A Work Area – where you can, set yourself up with an area to do your work at home. Put all of the things you need in this area, like your school books, the electronic device you are using, pencils, pens, rulers and rubbers. Make a list of the things you need to do each day and tick them off as you go. This will help you to feel happier by being organised and achieving things well. Make sure you leave your work in this area, so when you are having a break, you are not thinking about your work. It will help you to relax properly when you have finished your work for the day, or when you are taking a break.
3. Reflect On The Positives – at the end of the day, think about three things you have achieved or are happy about. Share them with someone else in the house. It is important to think about the things we are grateful for and can be happy about.
4. Relaxation – find time to relax each day somewhere quiet. This can be time when you want to carry on reading your book, write a journal or listen to music. Try not to fill this time by watching too much TV and spending too much time on electronic devices. You may have time for using some technology each day if your parents are happy with this, but also need to fill your time with healthier things to help your mental and physical health.