

# Kyra Wellbeing Newsletter

W/C Monday 23rd March 2020

## BLOG: HOME SCHOOLING WEEK 1 ANNA MILLER

“For everyone starting home schooling this week, my message is to take it slowly, be kind to yourself and to your children and be there for each other. Family and wellbeing first and the learning will follow.”

[CLICK HERE TO READ THE FULL BLOG POST](#)

### 5 Ways to Wellbeing

Everyone working together

- 1 Connect with people around you**  
smile, talk and listen, play, share and help others.
- 2 Be active**  
take part in physical activity that you enjoy; go for a walk or run, play a game outside, ride your bike or scooter, go swimming or dancing.
- 3 Take notice**  
be aware of the world around you and how you are feeling; be curious, enjoy the moment and be grateful for the simple things in your life.
- 4 Keep learning every day**  
set new goals and challenges that you will enjoy achieving like: learning to play an instrument, making a pizza or taking on a new responsibility.
- 5 Acts of kindness**  
give a smile, a compliment, your friendship or simply some time to yourself and others.

MindSpace

## TOP TIPS WEEK 1 OF HOME SCHOOLING

- In the evening, discuss the plan for the next day with your child.
- Maintain the basis of your normal routine – get up at the same time as you usually do and have a set time for lunch.
- A timetable may be helpful but be prepared to be flexible. This is a new and difficult time for everyone and it may take a few days of trial and error to work out what works best for your family.
- Prioritise the 5 Ways to Wellbeing for everyone.
- Spend at least an hour outside (observing social distancing) every day.
- Make time for rest and play.

## SOCIAL MEDIA & THE NEWS

Take extra care this week to ensure that children are not exposed to inappropriate and excessive amounts of online content about the Coronavirus. The images and content available are often graphic and could be very frightening. Ensure you monitor what children are accessing, protect them from adult news stories and keep an eye out for pop ups with related content/graphics.

Protect your child by not giving them all of the details about the Coronavirus or discussing details in their earshot e.g. case figures, how long the virus could go on for or the possible longer-term implications for every-day life and school. This is uncertain and could be very frightening. Focus on the short term and talk positively about how your family is staying safe.

You could watch Newsround with your child and discuss the day's news stories (Newsround has a target audience of 6-12 year olds). [Newsround](#) deals responsibly and appropriately with all news stories, giving facts and advice to children. They balance serious news stories with funny news stories and stories promoting positivity.

Talk to children in simple terms about the virus and why life is so different for now. You could use [child-friendly online videos or social stories](#) to do this.

Allow your child to talk freely about any worries they have, listen to them, explain that you understand how they are feeling and reassure them that everyone is working hard to keep everybody safe at this time.

## WELLBEING

- [Childline Calm Zone](#) – use some of these activities, tools and videos to help children feel better when they are feeling anxious, scared or sad:
- [Positive Penguins App](#) (for Children aged 8-12) – a fun educational app developed for children to help them understand why they feel the way they do and help them challenge their negative thinking and anxiety.