



Keeping Well this April

'If you have to stay at home because of coronavirus (COVID-19), it's important to take care of your mind as well as your body. You may feel bored, frustrated or lonely. You may also be low, worried or anxious. It is OK to feel like this – everyone reacts in their own way to challenging events and uncertainty. It's important to remember that staying at home may be difficult, but you are helping to protect yourself and others by doing it.'

<https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>

We realise that our schools lie at the heart of our communities and in an effort to provide the little comfort we can at such challenging times, we have produced a wellbeing calendar to support our students and families as they begin their temporary learning journey.



April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Plan Keep your brain active by creating a weekly timetable	30 Mindfulness Monday Is there a book that you've been meaning to read?	31 Check in Tuesday Make a list of the people you'd like to get back in touch with	01 'Wellbeing Wednesday' Take some time for you ☺	02 Thankful Thursday What three things are you thankful for today?	03 Film Fiesta What series or sequel could you binge watch tonight?	04 Snap it Saturday How about an indoor only photography challenge?
05 Sing it out Sunday Join Gareth Malone's online choir!	06 'The Running Bee Foundation' Check out Joe Wickes on YouTube at 9am to help keep active!	07 Check in Tuesday Who could you catch up with today?	08 'Wellbeing Wednesday' Take some time for you ☺	09 Thankful Thursday Could you create a poster for your window thanking our keyworkers?	10 Feel-good Friday Make a playlist of your favourite, uplifting tunes	11 Crafternoon Take some time to get crafty!
12 Treasure Hunt Could you try an Easter egg hunt with some challenging clues today?	13 Go Outdoors Get outside and enjoy an hour long walk in the fresh air	14 Check in Tuesday Whose face haven't you seen in a while? Facetime/Skype a friend and cheer them up!	15 'Wellbeing Wednesday' Take some time for you ☺	16 'PJ Day' Just relax and watch your favourite TV programme or film in your PJs!	17 Feel-good Friday Make sure that you are taking the time to talk about how you are feeling	18 Challenge yourself Keep your brain active with a sudoku or some reading
19 Staying on Top https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/	20 Mindfulness Monday Take some time to relax with a guided meditation on YouTube	21 Check in Tuesday Why not write a letter to a relative who is perhaps isolated?	22 'THE BIG PEDAL' How many of you could go for a cycle today? Awarenessdays.com	23 Thankful Thursday Who could you leave a thankful post it note out for at home?	24 Feel-good Friday Make a bucket list of three things you would like to achieve by the end of 2020.	25 Yoga Check out Yoga with Adrienne for an introduction into this wellness practice
26 Ready, steady, cook! What can you make out of the most bizarre ingredients?	27 'National Gardening Week' What could you turn your green fingers to today?	28 Check in Tuesday Send an email or text message to someone to make them feel better?	29 'Wellbeing Wednesday' Take some time for you ☺	30 Thankful Thursday Who do you appreciate? Make sure they know it today!	01 Feel-good Friday Create a space that makes you feel good. Could you rearrange a room?	02 Spontaneous Quiz Maybe try creating your very own quiz?
03 Coming Soon	04 Coming Soon	05 Coming Soon	06 Coming Soon	07 Coming Soon	08 Coming Soon	09 Coming Soon

Some of these activities have been designed around 'National Awareness Days', check them out at: <https://www.awarenessdays.com/venue/united-kingdom/>

