



Stradbroke Self Help Kit

KEEPING ROUTINES AND STAYING ACTIVE

It is really important to maintain normal routines in your household while you are off school. The most important thing is to avoid getting into a state of lethargy. This is when we can't be bothered to do anything other than lounge about. Here are some useful tips:

- ✚ Design yourself a timetable around your learning and activities. This will give you a purpose. Set small goals every day to keep you motivated.
- ✚ Keep a good sleeping pattern – the temptation is to stay up late and get up late as there is no need to get up to go to school. This will greatly affect your sleeping patterns and will make it difficult to get your sleep routines back if they become entrenched.
- ✚ Most importantly get dressed – evidence shows we behaviour in relation to how we dress. Wear a suit and you feel empowered, wear gym gear and you're ready for action, stay in your PJs and you're more likely to stay lazy and lounge about.
- ✚ Maintain your personal hygiene. Not being around family and friends may lower motivation to stay clean. Make sure you continue to change your underwear and socks daily. Keep doing things to keep up your self-esteem and self-worth; wear make-up, wear nice clothes. You and your family can always have date nights; eating together or watching a film and get dressed up for the occasion.
- ✚ While you think social media may be your friend it might also be your enemy. People can be very unkind when they are bored. Block anyone you think may not be kind during this long break. Cut off from people who are negative as this can lower your mood too. Have at least one tech-free day per week. Set up a WhatsApp group of those that will stay positive and support you, and facetime people. While we may be limited with physical contact, a friendly face and hearing a voice can greatly increase serotonin which helps us stay happy.

Here is a Calendar Activity Chart that may help keep you going for the next month

MONTHLY CALENDAR FOR KEEPING FIT AND HEALTHY

Movement is essential during these time not only to help maintain weight but to keep you physically well and emotionally resilient. We know that any form of physical activity

increases serotonin (the enzyme that helps us feel happier) but the more we sit still (watching TV, gaming and on social media) the more our blood circulation slows down and we are at high risk of developing thrombosis (blood clots), so it is really important that you keep moving at least every hour. Try as many of these as you can.

1. Make a plan to help you keep calm and active	2. Instead of messaging ring someone and walk while you are talking	3. Make a list of your favourite songs and dance to them	4. Design a plan to keep learning while you are off, including PE	5. Write a letter to a friend or family member.	6. Do something nice for yourself; facemask or bubble bath	7. Develop a hobby that may help other people like knitting
8. Tin of beans in each hand and every hour do 30 bicep curls	9. Play a ball game in your garden: football, bouncing a ball	10. Set your own challenge	11. Read a book and do a review. Act out some of the characters	12. Do a household task like hoovering, washing, ironing	13. Have a completely tech free day And do 10,000 steps	14. Have a day without saying anything negative at all
15. Plan a circuit in your garden for your family	16. Clean out your bedroom	17. Wash and polish the car	18. Do Joe Wicks workout	19. Play an active game such as twister	20. Walk around the garden	21. Clean the windows
22. Set your own challenge and let us know	23. Sit on the bottom step of your stairs and stand and sit	24. Help tidy the garden. Mow the lawn and let us know	25. Tin of beans in each hand and do the 360 punches	26. Run up and down the stairs for one minute x 5 times	27. Challenge 3 Make a funny one minute video - prize for best	28. Challenge 4 Make your own keep fit video - send to us

EMOTIONAL HEALTH & WELLBEING COPING KIT

Focus on staying fit & healthy.
Make good choices

Make a plan, set goals, create a schedule, use this time productively. Stay connected, talk to people by telephone. Have fun, a giggle, laugh, listen & support each other.

Be Mindful – live in the moment
Don't worry – Stay calm
Take this time to appreciate life

Talk through worries

Compile a positive Mood Board;
Photos, Pictures, Cards, Quotes

Don't game or use Social Media excessively. Set limits then do activities.

Read – broaden your mind &

Keep a journal - log thoughts & feelings.

Listen to Music and dance

Do Exercise & Sport at home, in the garden, the park if safe to do so.
Keep moving – do your 10.000 steps per day. Challenge yourself!
Keep your muscles & body strong.
Release feel good endorphins – elevate your mood.

Learn a craft; knitting, sewing, crochet, make cards & gifts for others i.e. nursing homes.

De clutter your room!

Try a new hobby; painting, drawing, colouring, cooking, singing, playing an instrument.

Try creative expression.
Sing – Dance – Comedy
Write poetry - lyrics - rap – stories

Find joy in Nature.
watch wildlife,
listen to bird song,
look at spring flowers & plants

Learn relaxation & calming techniques
'Breathe in calm 5 seconds'
Breathe out stress 5 seconds'
Do Meditation - Yoga - Stretch

Complete a jigsaw, play board games.
How about learning Chess?

EMOTIONAL HEALTH AND WELLBEING (EHW)

You may find all this overwhelming and understandably social distancing can be stressful, boring and frustrating. You may find your mood and feelings are affected and you may feel low, worried or have problems sleeping and you might miss being outside with family and friends. The EHW Coping Kit may offer you some comfort with ideas for how to lift your mood.