

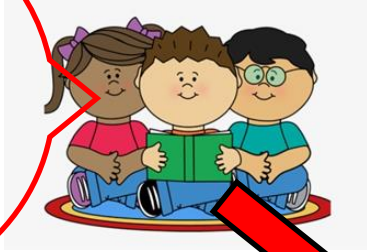
Mental Health and Well-being

All the adults around you think that your mental health and wellbeing very important; as a school community we respect each other and help to protect your rights.

This poster is here to help you while you are away from your school, friends and some of your family and will help to guide you in some things to do in order to support you if you are feeling worried or sad.

Talk about your worries

It is quite common to feel worried, scared or helpless about the current situation. Remember, it is OK to share your concerns with others you trust - doing so could help them too.



Your Mental Health and Well-being is important!



Keep your mind active

Read, write, play games, do crosswords, complete sudoku puzzles, finish jigsaws, or try drawing and painting.



Look after your sleep

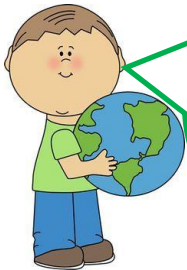
Good-quality sleep makes a big difference to how we feel, so it's important to get enough.



Give to others

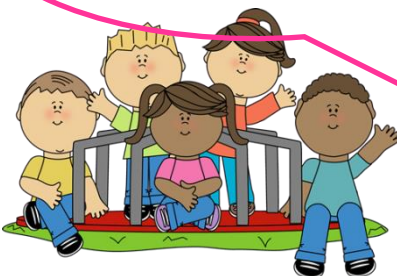
Small acts of giving and kindness can help improve your mental wellbeing.

Make a card for a family member you are unable to visit, help your family around the house to clean and tidy, offer to help with meal times.



Be Physically Active

Make a home obstacle course, join Joe Wicks for a daily workout or dance with Oti from Strictly Come Dancing.



Stay Connected

Maintaining healthy relationships with people you trust is important for your mental wellbeing. Think about how you can stay in touch with friends and family while you are at home - by phone, messaging, video calls or online - whether it's people you usually see often, or reconnecting with old friends or neighbours.

