

Wellbeing tip - number 1

Aim to have a plan for each day.

We are all used to having our day planned out for us with our two-week timetable, knowing exactly what will happen at any point during each day. As much as this might get on our nerves sometimes, having a structure and a plan for each day gives us predictability, stability and a sense of purpose which can help to reduce anxiety. It also helps us to make sure that we end each day feeling that we have achieved something. Even when we don't have to physically go to school, it is still helpful for our mental wellbeing to have a plan for each day. **If you haven't done so already, why don't you try writing a plan for this week.** You could do this a day at a time or you could write one for the two weeks. An ideal plan will include regular things that you do each day, usually at roughly the same time each day, but also different things that happen on different days of the week to add variety so that you don't get bored. You could put this up as a poster somewhere in your home and tick the things you manage to do. You will surprise yourself!! See the next slides for some ideas.

Be realistic – only set yourself tasks that you know are achievable.

Aim to do one thing each day to help out at home.

Remember, even when it is holiday time, it is still important to stay inside to keep yourself and others safe. Even if you don't usually do household chores, now could be a good time to start and I'm sure the adult(s) looking after you will really appreciate this.



Decide on what a good time to get up each day is and try to stick to it. You can get up a bit later than usual but don't stay in bed so long that the day is wasted.



Aim to do some form of exercise every day.



A young person's blog on using lists

<https://www.annafreud.org/insights/blogs/2019/10/organising-myself-for-self-care/>

Make sure you look at the student notices for ideas of things you can do from home and plan these into your schedule. See next slide for some ideas about planning your time.

This is from the Spring Holiday Student Notices which you can still access via SMHW. It has some great journals you can copy, print or fill in interactively.

April 2020: Week 2

	Subject	Homework set	Due	Done
20 Mon				
21 Tue				
22 Wed				
23 Thu				
24 Fri				

Messages between parent and the academy

Staff/student notes and messages including positive comments

One fact/word I've learned

One thing I would do differently

One thing I need to find out is

Kids' Wellbeing

Keep happy, healthy & active at home by exploring new ways to eat well, move well, sleep well and feel well.

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Don't forget, you can still use your student planner to plan your days next term.

https://www.nuffieldhealth.com/kidswellbeing?j=334497&sfmc_sub=57055809&l=217_HTML&u=8954382&mid=7234710&jb=675&utm_source=SFMC7234710&utm_content=3344973032020&utm_medium=Email&utm_campaign=20_03_30_ConsumerGymMembers_Steve_Gray_Update_SERVICE