



Well-Being During Remote Learning

As we move to remote learning we, as a school, are keen to not only support our pupils in their academic endeavours but also in their mental health and well-being. With that in mind please find attached some items that may aid pupils if they are feeling overwhelmed, down or just in need of something to keep them occupied in their break times.

This document is meant to aid pupils with different activities, advice and links that will enable them to focus on positive thoughts or keep their mind busy, when it could otherwise dwell on their changing environment, something that many may be finding hard.

GENERAL ADVICE AND WEBPAGE/PHONE NUMBER SUPPORT FOR STRESS AND ANXIETY

Remaining calm and avoiding stress and anxiety doesn't have to be something you do alone. This gives you some ideas of what you can do and some links to websites that can add support and guidance. Many of these have chat links and phone numbers for advisors who can help.



<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>



<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>



Move Your Body
 Try to do some sort of gentle exercise everyday.

Eat Healthy
 Eat a balanced diet including fruit & veg



Grateful

Notice The Positives
 At times like this it's helpful to point out the positives to our brain. Each day to write down something you are grateful for.

seize the day

Be Productive
 Each day set small, achievable goals. Tick them off when done!



Be Kind To Yourself
 Give yourself permission to feel your emotions. Make time for self care activities

Stay Connected
 Use social media, phone calls, texting to stay in touch with your loved ones.




<https://www.annafreud.org/on-my-mind/self-care/>



<https://thepsychologist.bps.org.uk/volume-33/april-2020/coronavirus-psychological-perspectives>

COPING CALENDAR IDEAS



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

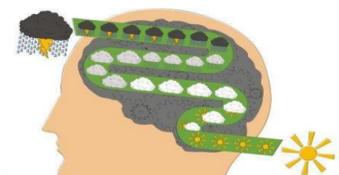
28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

AUDIO SUPPORT IDEAS FOR STRESS AND ANXIETY

Jack

A thirteen minute practice to steady your heart in times of anxiety.

<https://jackkornfield.com/steady-heart/>



A YouTube video to take you through coping strategies.

<https://youtu.be/BmvNCdpHUYM>



Three audio guided meditation pieces for relieving stress, walking at home and feeling overwhelmed.

<https://www.headspace.com/covid-19>



A video that can be downloaded that talks through mental health for pupils.

<https://vimeo.com/pageantproductions/download/400322978/c06a61679d>

LEARN A NEW SKILL TO SUPPORT WELLBEING



This site links to many hundreds of videos with different skills including dancing, music, exercise, photography and many more.

<https://www.skillshare.com/browse/dance>



This site give the opportunity to learn even more languages to support the languages you already learn at King's.

<https://www.duolingo.com/>



Learn the art of origami while you are off, the ancient art of folding paper.

<https://www.paperkawaii.com/>



Here you can get certified with learning British Sign Language. A skill that could be added to your CV in later life.

British Sign Language (BSL) <https://www.british-sign.co.uk/>



The Open University has many free course that can be completed via distance learning to support your other academic lessons.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

MUSICAL IDEAS FOR STRESS AND ANXIETY

Being creative is an important part of remote learning and thus many of our Google Classroom still focus on this aspect of the curriculum.

Here are some extra online ideas and live events that can make us feel like part of the wider community again.



Set up by vocal leader [James Sills](#) as a response to global self isolation during the Coronavirus outbreak, The Sofa Singers brings together hundreds of people in real time for 45 minutes of simultaneous singing, learning a classic song with some optional harmonies/backing parts. Please note everyone under 18 should have an adult with them.

<https://www.thesofasingers.net/#>



Live streaming of the MET opera. Many different events coming up that people can sit back and watch in the comfort of their own home.

<https://www.metopera.org/season/radio/free-live-audio-streams/>



OnlinePianist is a one of a kind piano tutorial which enables its users to fully control their piano learning experience while learning how to play their favorite songs. Sign up for free to get started

<https://www.onlinepianist.com/>

OFFLINE ACTIVITY IDEAS AND RESOURCES FOR WELLBEING

Electronic devices can offer opportunities for stopping anxiety and promoting wellbeing but it's good to have breaks from screen often throughout the day. Here are some activities you can do without the need for a device.

- ★ Read a book
- ★ Do some baking or cook a family meal
- ★ Play a card game
- ★ Draw/Paint
- ★ Listen to a new genre of music, ask your parents for ideas
- ★ Learn to do a new hair style
- ★ Help look after the garden

- ★ Learn to knit
- ★ Make a fairy garden
- ★ Teach a family member a skill you have
- ★ Write a story
- ★ Jigsaw puzzle
- ★ House work
- ★ Organise your room
- ★ Learn to sew a pencil case

APPS TO SUPPORT RELIEF FROM STRESS AND ANXIETY

Many pupils have access to electronic devices and these can be great for accessing a range of applications that can help with stress and anxiety in both adults and children. Remember to also plan in breaks from looking at electronic devices too as this can also add to social issues.

Well-being Focus for families, staff and pupils

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|---|-------------------|---|
|  | Headspace | Workout of the brain led by former Buddhist monk, Andy Puddicombe. Take 10 minute to listen in and clear your mind. |
|  | My Possible Self | Mood tracking app so they can focus on items that make them not feel great. |
|  | For Me | Childline app that can offer help and advice for all anxiety etc. |
|  | Breath, Think, Do | Teaches skills such as problem solving and has colouring app. |
|  | Mind shift | App helping young adults cope with anxiety acting as portable coach. |
|  | Calm | Meditations for beginners. |
|  | Smiling Mind | Meditation App that is free |

KEEPING ACTIVE WHILE REMOTE LEARNING

Keeping active while remote learning can be difficult but there is a lot of evidence on how it can maintain a healthy body and a healthy mindset. Here are some ways to keep moving whilst some also are live events that can make us feel like part of the wider community again.



BBC Super Movers website contains a host of free online videos & fun curriculum linked resources to get children moving while they learn. Many of the videos include famous sports people and celebrities to help encourage children to get involved.

<https://www.bbc.co.uk/teach/supermovers>



The Body Coach TV - Join Joe Wicks for a daily PE lesson at 9am every day or access a range of short workouts for children and adults.

<https://www.youtube.com/user/thebodycoach1>



The Youth Sport Trust have developed a range of 60 second challenges to encourage children to continue their Personal Challenges at home by trying to improve their performance. Try a range of activities and download a challenge tracker to track your performance!

<https://www.youthsporttrust.org/pe-home-learning>



Imovement offers fun, active learning resources that change daily. Focusing on mindfulness and movement, pupils can stay active & healthy even if they aren't at school.

<https://imoves.com/imovement-signup>



Visit This Girl Can for a range of activities including home exercises, workouts with your pets and Disney Dance Alongs to all your favourite Disney tunes.

<https://www.thisgirlcan.co.uk/activities/>



Sport England have compiled some of the most useful tips on how you maintain your active lifestyle whilst you're at home. If you've found a great way to keep active online, use the hashtag #StayInWorkOut on social media to share it with others.

<http://www.sportengland.org/news/how-stay-active-while-youre-home>



Just Dance videos are a great way to get all the family moving. Access all the latest songs and routines through this Just Dance YouTube channel.

<https://www.youtube.com/user/justdancegame>



Premier League Primary Stars has a wide collection of free, curriculum-linked activities to educate and entertain children at home. You can find lots of ideas for helping your children get active, as well as fun videos, games and worksheets for Maths, English and Health and Wellbeing.

<https://plprimarystars.com/for-families>

YOGA AND WELLBEING

Keeping active while remote learning can be difficult but there is a lot of evidence on how it can maintain a healthy body and a healthy mindset. Here are some online yoga session support ideas to help fitness and meditation.



Cosmic Kids allows you to access themed yoga lessons, mindfulness activities & relaxation sessions - ideal for children and adults alike.

<https://www.cosmickids.com/>



Go Noodle offers a range of free online videos which encourage children to move more and be mindful. Created by child development experts, they are available for free to everyone.

<https://www.gonoodle.com/for-families/>