

Wellbeing during school and work closures

We are all facing an unprecedented change to the way we live our lives, which understandably will create increased levels of anxiety, as well as low mood and depression heightened by increased time spent at home. It is important to remember that 'socially isolating' doesn't mean you are alone. We are all going through the same thing and facing the same challenges together. This document has brought together some tips, resources, and external sites to help you and your family during this time – with a wellbeing and education focus.

Mental wellbeing:

It is hard to sift through the messages and information coming at us. The uncertainty around what we do and don't know about the virus and its impact can cause even greater anxiety.

What we *can* do:

Take control:

- Wash your hands, and follow government guidance.
- Avoid watching, reading, or listening to news reports that cause you to feel anxious or depressed. A near-constant stream of news can make anyone feel distressed! Instead, seek updates and practical guidelines at specific points of the day. Distract yourself after with a phonecall, a book, or TV.
- To help overcome uncertainty, normality and routine that mirrors life's daily patterns and practices can be helpful. Build in relaxation, self-care, and exercise.
- Utilise technology to maintain connection. Use video calling for friends and work meetings. Research tells us that 7% of communication is accomplished through words, 38% is voice, and a huge 55% is through body language and visual cues. Integrating these can help maintain more meaningful connections.

Mental Health Helplines:

- CALM (Campaign Against Living Miserably, for men aged 15-35)
Phone and webchat open daily 5pm – Midnight <http://www.thecalmzone.net/> 0800 58 58 58
- PAPYRUS young suicide prevention society (children and young people under the age of 35, and anyone concerned that a young person could be thinking about suicide) <https://papyrus-uk.org/who-we-are-2/> HOPELINE: 0800 068 4141 TEXT: 07786 209697
- Samaritans (24/7): 116 123
- Text SHOUT to 85258. Shout provide confidential, 24/7 crisis text support for times when you need immediate assistance.

NHS Every Mind Matters – staying at home tips:

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

Please see the link below for a full list of Mental Health Helplines recommended by the NHS:

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

Home learning

0-5 Years:

- *Cbeebies radio*
- *Booktrust* – online books, interactive books, singing, and games
- *Stories for kids* – can search by age, or type of story or poetry
- *Storytime from space* –listen to Astronauts reading stories from the space station!
- (3+) *Oxford Owl*
- *Phonics play* (4-11)
- *The imagination tree* – activities and play ideas
- *Look Say Sing Play* – ‘brain building’ activities and weekly tips.

8+:

- *The Kids Should See This* – Engaging educational videos on a range of subjects
- *Anna Freud, National Centre for Children and Families* has strategies to help look after your mental health. You can search a range of advice, videos, and activities.
- (2-14 yrs) *Twinkl*. Parents normally need a paid subscription to Twinkl, but they are offering free materials during school closures.
- *Blockly*: Computer programming for children with no experience
- *National Geographic Kids* (6+)

10+ (up to sixth form)

- *Crash Course*. Courses made up of educational YouTube videos for children
- *Seneca*. KS2-A Levels. Interactive homework and revision. Changes lesson plan if learners get questions wrong to help with learning and memory.
- *BBC Bitesize* (0-16)
- *Scratch & Scratch Jnr*. Learners can program their own interactive stories, games, and animation.
- *Duolingo* – Interactive language learning
- *Big History Project* – children (11-16) can journey through almost 14 billion years of history, includes activities.
- *Prodigy Maths* (5-14) Online computer game
- *Sir Linklaot* – sign up to their mailing list to access a code to download the app for free during the isolation period.
- *CGP* have some free resources: <https://www.cgpbooks.co.uk/resources/free-tests-tips-and-games>
- For older children/ sixth formers and students, *Jstor and other academic publishers* have increased the availability of academic texts free during the Covid-19 closures. Find out more here: <https://www.universitytimes.ie/2020/03/jstor-makes-database-accessible-to-the-public/>

For everyone!

Watch livestreams (US-time) and recordings of the aquariums at Monterey Bay:

<https://www.montereybayaquarium.org/animals/live-cams>