

THE WEEKLY WELLBEING TOOLKIT

WELLBEING FOR CHILDREN, PARENTS AND STAFF

Edition 2: 27th March 2020

The Five Ways To Wellbeing

CONNECT
KEEP LEARNING
BE ACTIVE
TAKE NOTICE
GIVE

The current Covid-19 crisis is changing daily. This week our hope is to help you find a sense of calm amongst all the uncertainties. We will share our top tips to help adjust to these unsettling times.

Andrew and Kelly

For Everyone

Keep your days varied, try splitting your days into 5 chunks and using the 5 ways to wellbeing as a structure.

Think about how you can make the most of the physical space where you live.

If possible, work together to organise your days – perhaps via a family timetable (attached to the fridge door!).

It may help to create time slots for mealtimes, homework, friends (even if via social media), exercise, TV, etc, and do make sure you all maintain good sleep habits.

A useful blog: How to Keep Mentally Healthy in Uncertain Times by the fabulous Frederika Roberts and Adrian Bethune

<https://www.actionforhappiness.org/news/how-to-keep-mentally-healthy-during-uncertain-times>

We may be social distancing, but social conversation is a must: try using Zoom, Skype or Facetime to see a face and hear a familiar voice.

For Children

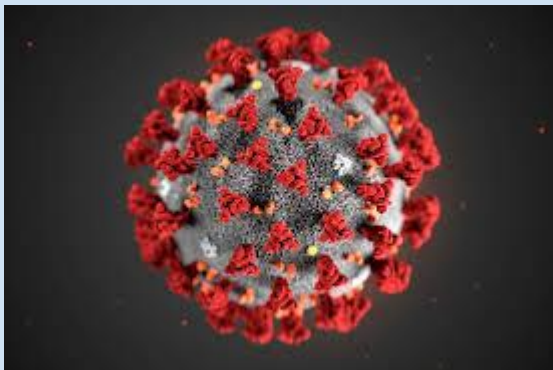
"We must remember that our young people will always remember how they felt through the Corona virus crisis and not necessarily what they did or didn't do in this time".

#MindfulnessForChildrenChallenge starting on Sunday 29th March organised by Tammie Prince (Headteacher, author and authority on mindfulness)
<https://educationsvoice.wordpress.com/2020/03/25/mindfulness-mindfulness-for-children-covid-19/>

Top Tips for Homeschooling from Clare Erasmus

1. Don't try to replicate school.
2. There is learning to be found in the garden, kitchen, news and documentaries.
3. Build relationships & play games together.
4. Be flexible.
5. Look after your wellbeing; take a siesta.

For Parents



Talking to children about the virus – advice video for adults:
<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

How families can cope with self-isolating together:
<https://www.bbc.co.uk/news/uk-51936286>



Free online learning
resources:
Click on the link alongside

<https://www.ucl.ac.uk/ioe/departments-and-centres/centres/london-centre-leadership-learning/free-online-learning-resources>

For Staff

We want to reach out to thank you all at these unsettling times, it's perfectly normal to feel worried in the face of uncertainty. Thank you for showing up and making a difference as key workers.

Reflective thoughts....

- We can control how we manage our wellbeing in the home and how productively we use this time.
- We can continue to connect with our loved ones in creative ways.
- We can take this time to learn new skills and build on our resilience in coping with change.

Check out Education Support for helpful guidance:
Take a look at Education Support Charity for
<https://www.educationsupport.org.uk>



If you can't have a day out, let the day out come to you!

Take a virtual tour of Edinburgh Zoo

Click on the link here:

<https://www.edinburghzoo.org.uk/webcams/panda-cam/>



Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Recipe corner: Simple Tomato Sauce

We will add a recipe each week aimed at using limited resources. Also, cooking together is a way to bring a family together at challenging times.

To start us off, a simple tomato sauce to serve with pasta, rice or baked potatoes, or as a base for a more ambitious pasta sauce.

With tinned tomatoes often missing from shelves, fresh tomatoes, which seem in plentiful supply, can be used just as well. Make up a double or treble batch and this freezes well.

Ingredients:

- 6-8 large fresh tomatoes, roughly chopped (or two tins if available)
- 1 onion, sliced or diced (red or white; frozen onions are just as useful)
- 1 clove of garlic, crushed or grated.
- 1-2 teaspoons of dried herbs of choice (basil, oregano, thyme or mixed herbs)
- Black pepper to season.

In a large pan, gently heat a glug of oil. Add the onion and fry gently for 3-5 minutes until the onion softens, then add garlic and continue until the garlic is golden. Add the herbs and heat gently for a minute or so to release the flavours.

If using fresh tomatoes, add to the pan, turn the heat to a simmer and leave to cook for 30-40 minutes, stirring occasionally. The tomatoes should break down into a delicious, thick sauce. Add seasoning to your taste.

If using tinned tomatoes, 20 minutes should suffice, depending on how thick you like your sauce to be.

Book recommendations

For wellbeing: Matt Haig: Reasons to Stay Alive

Haig tells a bleak and honest account of his experience but with a powerfully positive message.

For children: S.F.Said: Varjak Paw

Varjak Paw is a Mesopotamian Blue kitten. He lives high up in an old house on a hill. He's never left home, but then his grandfather tells him about the Way - a secret martial art for cats. Now Varjak must use the Way to survive in a city full of dangerous dogs, cat gangs and, strangest of all the mysterious vanishings.

For adults: George Orwell: 1984

A dystopian world, controlled by ever watchful government. A classic and highly relevant.