

Well being while Social Distancing



4 tips for wellness during social distancing



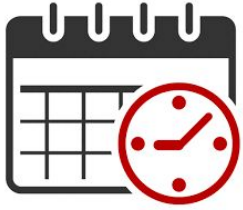
1. Listen to podcasts to enhance your learning. We especially enjoyed the [Ted Talks Daily](#) episode [How to turn climate anxiety into action](#). Who knows, maybe it will inspire your next service project.



2. Participate in free online workout and yoga classes to stay fit - both physically and mentally. [Barry's Bootcamp](#) and [Shona Vertue](#) are two of many offering home workouts right now.



3. Anxiety grows in times like these. Use a meditation app, such as [Headspace](#), [Breathr](#) or [Smiling Mind](#), to take care of your mind, body and soul.



4. Maintain your routine. Follow your original class schedule to stay in the learning flow.



5. Call your grandparents - they always appreciate it. Even more so in times like these.



6. Test and enhance your second language skills on [Babbel](#) or [Duolingo](#).



7. Use [YouTube](#) to learn a new hobby - whether that's DJing or [baking with Georgia](#) is totally up to you!



8. Spend time researching where you might want to go to [university](#), or how you want to plan your [gap year](#) to truly make a difference.



9. Party on the weekend. Many musicians and DJs are live streaming their concerts on YouTube, Instagram and other platforms. Check out [Bandsintown Live](#) for inspiration, hook up your best speakers, dim the bedroom lights and party like no one is watching. Because no one is :)



Celebrity Connections



There are other ways to keep a healthy mind and body during the day:

Joe Wicks – PE classes Joe Wicks has appointed himself the PE teacher of the nation and is running daily virtual workouts at 9am Monday to Friday on [his YouTube channel](#). In order to help keep kids fit and healthy while schools are closed for the foreseeable future, the free online exercise classes are running every weekday.

Bear Grylls – [The Great Indoors activities](#). Bear Grylls might be the king of the outdoors, but he also knows a thing or two about challenges which can be done in the confines of the house, too. The Great Indoors will be a weekly live video feed and activities include making lolly-stick catapults, origami and designing and making hot-air balloons and all activities can be done in the house or garden.

David Walliams – [free audio stories](#). David Walliams will be providing daily free audio stories from his collection of children's books in order to keep kids entertained. The comedian and Britain's Got Talent judge will share one story each day at 11am.

Carol Vorderman – [The Maths Factor](#). Former Countdown star Carol is putting her mathematical prowess to good use and stepping in as maths teacher while children are off school. Her online maths programme, The Maths Factor, has waived its usual £2 a week fees to provide free tuition to children of school age while the schools are closed.

Oti Mabuse – [Dance classes](#). Strictly Come Dancing star Oti Mabuse is hosting free online dance classes for children and adults alike, to make sure people are still moving despite being in lockdown. The kids' class airs at 11.30am while the adult version is at 7.30pm, so parents and their children can both enjoy learning to dance while staying in.

History Hit Dan Snow (free 30 day trial): <https://www.historyhit.com/>. **History Hit** brings you the stories that shaped the world through live events, an award winning podcast network and our new online only history channel.

What can you do if you are ever worried about ANYTHING or need to talk to someone while school is closed?

Remember. You can always email or message your tutor, Head of House or any other teacher you feel comfortable talking to and they will get back to you and arrange a time as soon as it is convenient for you both.

Childline provides a range of online tools that young people might find helpful:

- information about [Coronavirus](#)
- [Calm Zone](#) – activities to help let go of stress
- [games](#) to help take your mind off things
- [information and advice](#) on a range of topics including feelings, relationships, family and schools
- peer support [message boards](#)
- [Childline Kids](#), our website for under 12s

