



SEND Weekly Bulletin

Taking care of your mind as well as your body is really important, especially when you are staying at home.

You may feel worried or anxious about your health or the health of those close to you. Perhaps you feel bored, frustrated or lonely. It is important to remember that it's OK to feel this way and that although everyone reacts differently, there are probably many of your friends feeling the same way - [communication is key!!](#)



Remember, for most of us, these feelings will pass. Staying at home may be difficult, but you're helping to protect yourself and others by doing it.

Self Care - Top Tips!

- Set yourself small realistic goals. It's good to set a goal but make sure it's attainable. You can do this!
Goals in lockdown may include:
 - ✓ Get into a daily routine.
 - ✓ Improve Teams skills
 - ✓ Complete some form of exercise for at least 10 minutes every day. (Like Joe Wicks' PE lessons:
https://www.youtube.com/results?search_query=joe+wicks+pe+lessons)
- Take regular breaks, get up and go out in the garden or with your parent/carers' permission go for a walk/cycle/scoot. The fresh air will help to clear your head and get you ready for the next lesson.
- Eat regularly and try and make it as healthy as you can, too much junk food isn't good for you!
- Get a good night's sleep, put your screens down at least half an hour before you want to go to sleep, and you can even put on some music and relax. There are lots of free apps to help you relax and drift off to sleep.
- If you start to feel stressed or overwhelmed, pause, take a couple of deep breaths, and remember... **You aren't alone in this.** Talk to your parents, friends, teachers, they're all here for you and want you to be ok.
- If it's something that interests you and you think it would help, you could try yoga or meditation, just 5- or 10-minutes meditation can help you re-focus and feel calmer. There are a lot of good resources on the internet and apps for your phones.
- You can also contact our librarian, Mrs Johnson on her email address and ask for book recommendations that may give you ideas on how to combat anxiety and take care of yourself while you are learning from home. Mrs Johnson's email is Cjohnson@kinetonhighschool.org.uk.
- Remember! Be kind to yourself, and to others.

Something to think about if you are worried...

Sometimes we worry about things that we cannot control. All this does is cause stress! Try to focus on the things that you **can** control, rather than the things that you **can't**.

