

Stability. Safety. Connection.

In times of uncertainty, learning only happens when students feel:

- Safe
- Regulated
- Connected
- Informed without overwhelm

Our priority is supporting wellbeing first, before academic performance.

This guide is designed to help you use youHQ effectively in these unprecedented times, to give students the best support and access to resources, and to help you stay connected as a community.



New resources added to the platform

From this week (and until we all know more about the ongoing situation), we will be adding new resources to youHQ for students and staff.

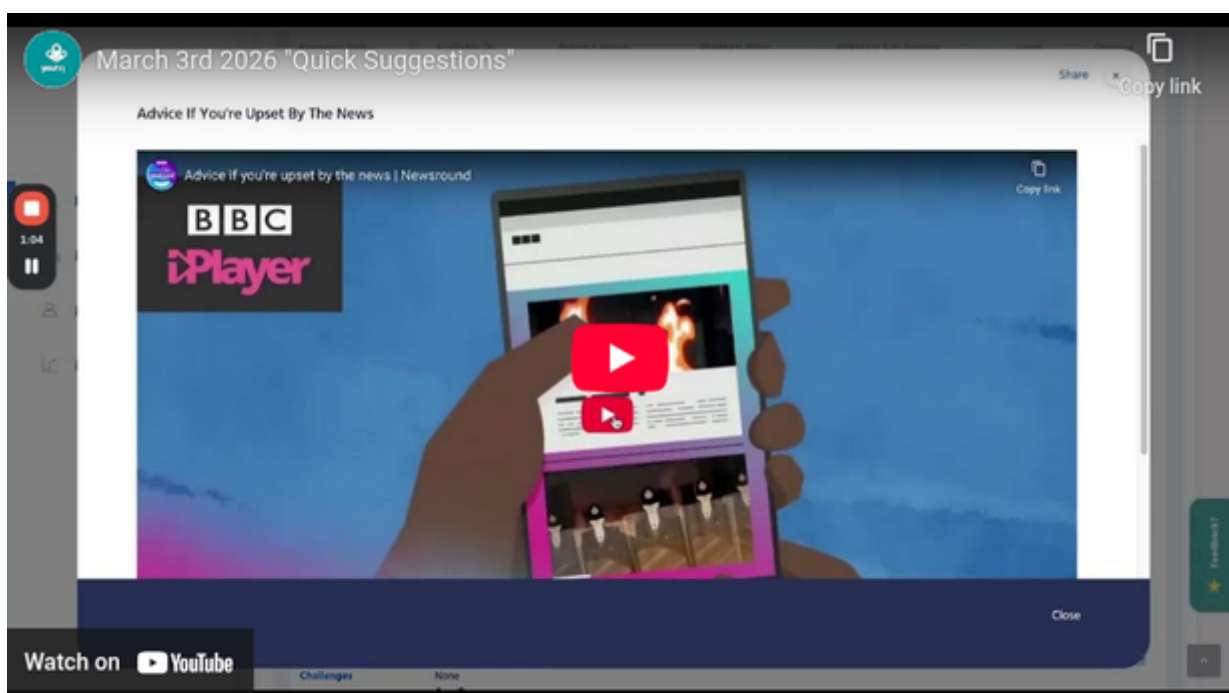
These resources will be added to the Learning Hub three times per week across all interfaces: Junior, Middle, Upper, and Teacher Wellbeing.

Where to find resources

Please watch this video on locating and sharing resources in your youHQ Staff Dashboard: [Access to student resources](#)

We will send out a list of all new resources every Monday to the lead at your school, so they know what has been added.

NB Students will be suggested resources based on their mood survey results.



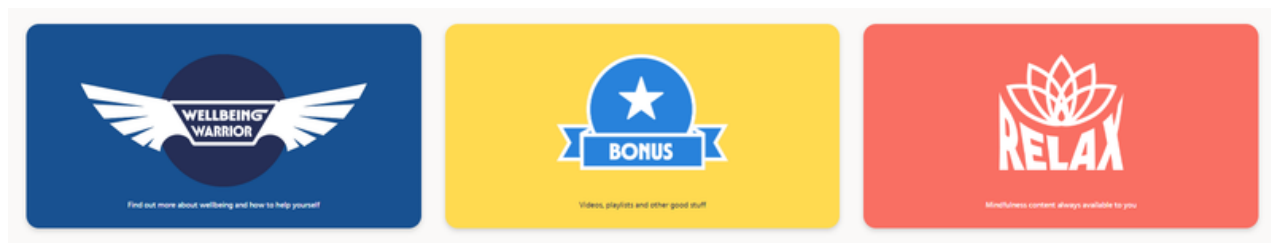
More information about these resources

We have three different student interfaces, all within a dedicated, PERMAH-backed wellbeing framework. Schools can change the interfaces their students see on youHQ, however for the majority of schools, the interfaces are:

Junior = Years 1 to 4, Middle = Years 5 to 9, and Upper = Years 10+

All resources are categorised under three cards:

- **Wellbeing Warrior:** Online short activities in bronze, silver, and gold level. Slides, embedded videos and a quiz. Students receive a max of 100 GOALd.
- **Bonus:** Additional, short videos to support the activities. Can be locked, so students choose where and how to spend their GOALd. During this time, all new bonus resources will be uploaded as unlocked.
- **Relax:** Mindfulness, breathing exercises, yoga and audio. All unlocked.



In the week beginning 2nd March 2026, the following videos were added:

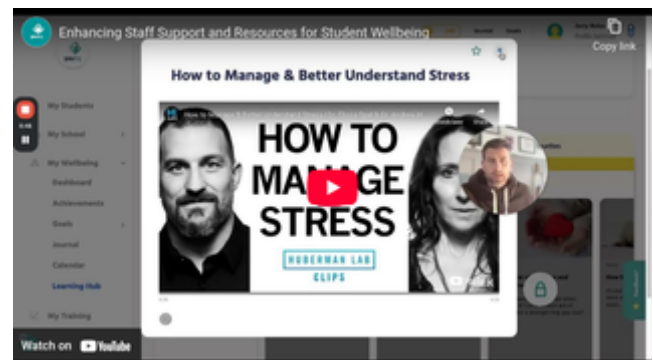
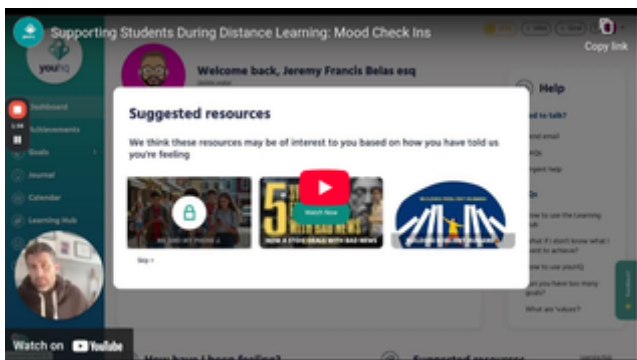
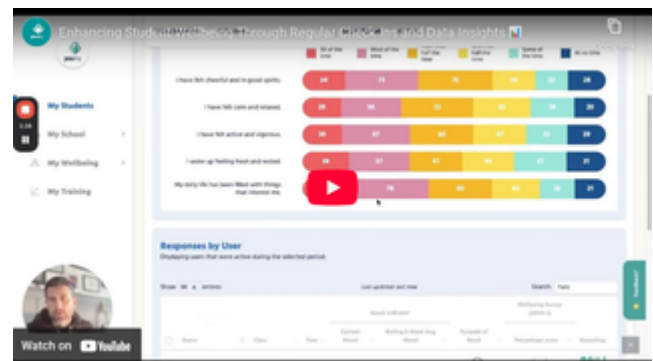
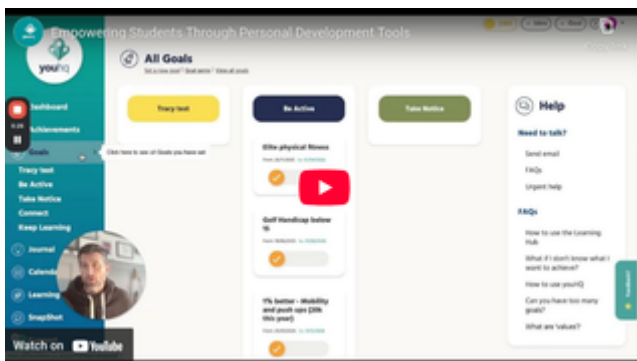
- **Junior:** 'I Notice, I Can, I Feel' with Elmo, Guided Meditation, & Brain Activation Yoga
- **Middle:** Bad News & Stoicism, 8 Min Yoga, & Coherence Breathing
- **Upper:** As for Middle + How to Manage Stress
- **Teacher Wellbeing:** As for Upper

Please let us know via LinkedIn, Email or WhatsApp: What are students asking most? What are staff struggling with? What support would help from us moving forward?

Using youHQ for distance learning

These short videos have been created by our co-founder and engagement director, Jez, to provide support on using youHQ during 'learning from home'. They are a guide only. Schools should use the platform as they wish to best support staff and students.

- [Mood Check-ins and Surveys](#)
- [Personal Development Tools](#)
- [Group and Individual Student Data](#)
- [Resources](#)





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