

# Wellbeing during home learning

23<sup>rd</sup> March 2020



Unity Education Trust

# Support and guidance



Whilst school's are closed, and you are being asked to learn at home, it is important to think about your wellbeing, and the wellbeing of those around you



We may not physically be together during this time, but we are providing information, learning, support and guidance through our website

## Keeping in touch



Keep in touch with your teachers if you need support with your learning via email



Try to plan your days with a range of activities both learning, and breaks, to develop a routine



Vary your activities at home during each day to maintain your interest

# How can I look after my wellbeing?



Talk to your family



Stay in contact with your friends through e- platforms



Eat healthily and stay hydrated



Try to undertake some physical activity each day



Stick to a regular sleep pattern



Focus on your work-life balance by planning your routine of learning and rest breaks to include your interests/hobbies

When using  
social media,  
remember to

**#Be kind!**

# Try to build in time to...



have a regular routine to ensure plenty of sleep, shower, dressed for the day



phone or video call a friend - whilst you need to distance physically, don't become socially isolated



do some physical exercise



contact a friend or relative you haven't spoken to in a long time



enjoy reading your favourite book



enjoy your favourite film, TV programme



listen to your favourite music

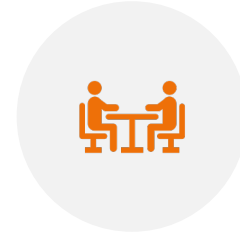
# How can your parents/carers help you?



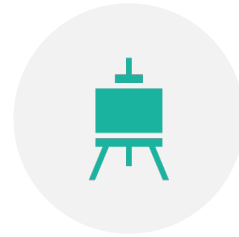
TO SUPPORT YOU IN  
EATING HEALTHILY



TO SUPPORT YOU IN  
DESIGNING A ROUTINE



TO BUILD IN TIME TO  
LISTEN, TALK AND  
SHARE PLANS WITH YOU



TO MAKE SURE YOU  
BUILD IN TIME FOR YOU  
AND YOUR INTERESTS



TO ENSURE YOU ARE  
STAYING SAFE ONLINE

## Think about ...



Doing some of the things within your home that you never seem to have time to do



Being creative – art, music, creative writing, craft, mindfulness colouring to name but a few



Keeping up to date with your learning to exercise your brain and maintain your knowledge and understanding



Enjoy your hobbies and skills at home – and even consider new ones



For help and support...



## SUPPORT FOR YOU!

If things are tough or you just need a little extra support you can get in contact with these great groups and organisations

### Staying safe online

- Don't post any personal information **online** – like your address, email address or mobile number.
- Think carefully before posting pictures or videos of yourself. ...
- **Keep** your privacy settings as high as possible.
- Never give out your passwords.
- Don't befriend people you don't know.
- Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do
- 7) Remember that not everyone online is who they say they are
- 8) Think carefully about what you say before you post something online
- 9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
- 10) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.

[www.safetynetkids.org.uk](http://www.safetynetkids.org.uk)

Childline  
0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)

Supporting  
teenage mental  
health  
[www.stem4.org.uk](http://www.stem4.org.uk)

[www.youngminds.org.uk](http://www.youngminds.org.uk)  
Text YM to 85258, texts are free  
from most phone providers

Kooth online counselling  
[www.kooth.com](http://www.kooth.com)

Samaritans  
Call 116 123

The Mix  
Essential support if  
you're between 13 and  
25  
[www.themix.org.uk](http://www.themix.org.uk)

Keep learning with  
[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

Online safety  
[www.childnet.com/young-people](http://www.childnet.com/young-people)

Support poster also available on your school website alongside Norfolk Area Support Documents for parents/carers