

Subject: Well-being	Week: 1
Class: Everybody	From: Miss Wright
<p>Outcomes:</p> <ul style="list-style-type: none"> • Boost your mood. • Reduce anxiety. <p>We are currently going through a very unusual period of time that is causing a range of challenges for us to face. From worrying about Covid 19, to not being able to go to school, missing your friends and having to spend all your time at home, all of this could impact on your mental health and wellbeing.</p> <p>Below are some activities and information that you might find useful to help improve your mental health and well-being.</p>	
<p>Activities:</p> <p><u>Useful website:</u></p> <p>annafreud.org – this website has advice for young people who are feeling anxious and for parents/carers to be able to offer reassurance.</p> <p><u>Something to watch:</u></p> <p>5 Top Tips for Staying Mentally Healthy – www.youtube.com/watch?v=8GmQijmUrkk</p> <p><u>Useful Apps:</u></p> <p>Get Calm. Breathe, Think, Do with Sesame</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div> <p>On your iPad you have access to a variety of Apps that can support your mental health and well-being. It could be that you have used these Apps at the Learning Centre and they are already on your iPad. The recommended Apps this week are- Get Calm and Breathe, Think, Do with Sesame.</p> <p>If you need to install them please follow the instructions:-</p> <ul style="list-style-type: none"> • Tap on self service icon <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Find the App you need and tap install • Go back to the iPad screen. The App should be on the screen and ready to use. • Tap it and explore <p>It's a good idea to explore the App when you are feeling calm and relaxed. If you do begin to feel anxious, angry or worried at any time then you can go on the App and find an activity that you know can help you to feel better.</p>	

