

Subject: Well-being	Week: 2
Class: Everybody	From: Miss Wright
<p>Outcomes:</p> <ul style="list-style-type: none"> • Understand Coronavirus • Reduce anxiety • Boost energy levels and mood <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>youngminds.org.uk This website has lots of advice and mental health support regarding Coronavirus.</p> <p><u>Something to watch:</u></p> <p>BBC Newsround has a variety of information, from tips if you are worried about Coronavirus to keeping your mobile phone clean (this is great for your iPad too). www.bbc.co.uk/newsround</p> <p><u>Useful Apps:</u></p> <p>Stop, Breathe and Think</p>  <p>Instructions on how to install this app can be found in week 1.</p> <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> <p><u>5 Ways to Well-being Weekly Challenge</u></p> <p>Connect- Put a rainbow in your window. With social distancing and lots of places including schools closing because of coronavirus, people are connecting with each other by painting colourful rainbows and putting them in their windows for others to see.</p> <p>Be Active- P.E. WITH JOE. Check out Joe Wicks on YouTube. He is streaming a live P.E. session every morning on YouTube at 9am. The video remains on YouTube so you can catch up anytime if 9am is a bit early.</p>	

Keep Learning- Learning some BSL. We use Sign-along at college and most of the signs are the same.



Give and Take Notice- Sometimes it can be very difficult being inside all the time. Notice your environment. It may help to have a 'clear the clutter' day. Help your parents and carers to tidy up.

Evaluation:

Before each activity think about how you are feeling. Name your emotion. Write it down.



When you have finished an activity think about how you are feeling. Name your emotion. Write it down.