

AN ARTS@CSS GUIDE TO WELLBEING

None of us have ever been through something like this before. Our lives are going to be very different over the next few weeks and, maybe, over the next few months.

We want you to stay physically and mentally well while you're not in school full-time. There are lots of way to stay active and to be creative and so we've put together some suggestions for things you might like to try.

STAYING ACTIVE:

- Have a go at some basic yoga. There are great tutorials for beginners on YouTube.
- Get out into nature. As long as you don't get too close to other people, getting out into parks or woods near you is a great idea. Did you know that the National Trust is making all its parks and gardens FREE TO EVERYONE for the next few months?
- Grow your own. Got a garden? Or a patio? Or a windowsill?! Have a go at growing something edible and/or something beautiful. Seeds are cheap and you can order them online.

GETTING CREATIVE:

- Have a go at some "Mindful Colouring". There are lots of books available online or you can print designs as you need them. It's really relaxing.
- Try some new music. You know what you like but set yourself the challenge of trying something COMPLETELY different. Like Drum n Bass? Try some classical music. Like Rock? Try some Blues. Share anything you find you like with friends via social media.
- Make a "Day in the Life Of" film. This may well be a one-in-a-lifetime experience and you might want to think about documenting what a day "in isolation" feels like. What are you doing differently? Does your town or village feel different? How are you keeping in touch with the people you care about?

- Use your walks in parks or woods as the inspiration for trying some photography or some painting or drawing. You could share your efforts with your friends online and create your own online gallery!
- Have a go at keeping a diary. Make it part of your new routine. Start each entry with “3 Things I Am Grateful For”. Then describe your day, how are you managing this very new situation?
- Do something you’ve never done before! Bake bread, learn to introduce yourself in Japanese, write a song and record yourself singing it.... Trying something new is great for your mental health.

BEING CONNECTED:

- Set up the social networks you need to help you stay connected.
- Be honest with your friends but remember to think **THINK! Is it THOUGHTFUL, HELPFUL, IMPORTANT, NECESSARY, KIND?**
- Keep in touch with your friends and family in low tech ways too. Send your Gran a postcard, write your best mate a letter, we need to reach out to each other.
- Get involved in helping people nearby. Is there someone in your road who’s on their own? Could you start a collection for the local Food Bank? It does us a lot of good to help others.

- 1. STAY ACTIVE**
- 2. GET CREATIVE**
- 3. BE CONNECTED**

We’ll see you soon!

Mrs Donnelly, Mrs Boulton & Ms Hilleard