



Keep Well – Reduce Anxiety

Make sure you get your 6-a-day!

Routine and creating a sense of 'normal' are key in times of uncertainty. Any routine will help, even if it is as mundane as feeding the cat at the same time each day or watering the plants at the same time each week. Including the '6 a day' idea into your routine will also help to provide a sense of well-being. A visual checklist stuck on the fridge might be useful for younger children.

CONNECT

Stay connected to friends and family using technology. Take part on online activities, such as virtual quizzes or other online games

Play! **Do something you all enjoy** to keep physically fit and active, keeping to the social distancing rules

BE ACTIVE

TAKE NOTICE

Get outside if possible every day; soak up sunlight and fresh air. Create time in the day for solitude, reflection and space

Do one or two jobs around the house. A colourful jobs board gives children a sense of responsibility and purpose. **Give time** to others in your household; **give help**

GIVE

KEEP LEARNING

Set time aside every day for academic or creative activities. **Learn something new!**

Use your imagination! This is a vital tool to aid well-being and resilience. Read stories, watch films, paint, sing, dance, daydream, stare at clouds, play in sand... the list is endless!

DREAM!