

CAVALRY WELLBEING NEWS 20TH APRIL

Looking after yourselves during Covid-19

Weekly family challenges

• Follow this link to find a great book to share with your children

• <https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children-illustrated-gruffalo-illustrator-axel-scheffler/>

During this challenging time it feels appropriate to have some fun and set some family challenges

- See who can build the tallest structure using just newspaper, scrap paper and sellotape
- Challenge each other to see who can spot the most bugs/birds on your daily walk
- Be the noisiest person on NHS Thursday 8pm



KEEP IN CONTACT

Video-chat services such as Skype, Facetime and Google Hangouts are a great way to meet up digitally and feel closer to family members.

Child-friendly multiplayer mobile games are a fun way to involve family members of all ages and can even include a learning element. Trivia Crack is a free-to-download quiz game that tests your knowledge and allows you to challenge friends and family around the world. As you answer questions, you unlock virtual characters: it's a great way to improve your general learning. Words with Friends is a free-to-download word game (Scrabble, basically) to play with friends and family.

Back to basics—good old letter writing to Grandparents or to your local care home would be like sending a hug in an envelope

FREE ENTERTAINMENT

National Theatre Live Shows

The National Theatre is bringing the stage to the screen, streaming a big-name shows straight to YouTube every Thursday night. Each Thursday at 7pm (BST), the National Theatre will stream one play on its YouTube channel. It's completely free to watch. The shows will be available for 7 days from first showing.

The Show Must Go On

Andrew Lloyd Webber musicals are online to watch for free! The Show must Go On YouTube is streaming Musicals every Friday 7pm.



If you miss out on the Joe Wicks daily workout these exercises can be done anytime.

Joe Wicks: 5-Minute Move Workout 1
Marching on the Spot

1. Stand with your feet hip-width apart.
2. Lift one foot and then the other.
3. Stay on the same spot.
4. Lift your knees up high, keeping your back straight.
5. Pump your arms as well.

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Joe Wicks: 5-Minute Move Workout 1
Climb the Rope

1. Pretend to climb a rope!
2. Reach your hands above your head one at a time and pull the rope down.
3. Lift your knees high and climb on the spot.

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Joe Wicks: 5-Minute Move Workout 1
Star Jumps

1. Start with your feet close together.
2. Jump and land with your feet wide apart.
3. Stretch your arms out above your head.
4. Jump your feet in and your arms down.

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Joe Wicks: 5-Minute Move Workout 1
Low Sprint Shuffle

1. Crouch your body down.
2. Run quickly on the spot.
3. Pump your arms.
4. Turn to the middle and the side.
5. Make sure you have fast feet.

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Joe Wicks: 5-Minute Move Workout 1
Squat

1. Start with your feet a bit wider than your shoulders.
2. Squat down as if you're sitting into a chair.
3. Stand up tall again.
4. Keep a straight back.

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[How to look after your family's mental health during the lockdown period](#)

Be kind to yourself and have fun

We don't give ourselves permission to play enough, as adults, so ***now is the perfect time to rediscover play, with your children.*** Play games with your kids that you haven't played since you were a child. Or take the opportunity to play one of their favourites – maybe you'll discover a love of Minecraft.

Exercise

Walking – the current advice is that it's OK to walk outdoors once a day for exercise as long as you stay two metres away from other people. If you are lucky enough to have a garden, spend time there, maybe doing some exercise, cutting the lawn, digging, planting your own veg with the children or having silly races.

Home-made gym – the **NHS website** has lots of ideas for exercises that need no more equipment than a chair, a pillow or a sofa.

Yoga – one of the few forms of exercise that requires almost no space. There are hundreds of free online yoga tutorials on YouTube for both adults and children. The website KidsYogaStories.com is great for children.

Dancing – all you need is some good music. Take five minutes away from your screens. Get the kids to show you their best moves then shock them by showing them yours!!

Routine

Maintain a routine in the days of isolation, or everything can blur into sameness. Mark out different parts of the day for different activities. Agree a timetable with your children so they know when it's ok for screen time/gaming, when they need to move about, when they need to make food or be helpful, when they need to do schoolwork, when they need to sleep.

Eat well and stay hydrated

It's currently difficult to find certain foods in some supermarkets, but there are already lots of ideas online for meals to make with store-cupboard staples. Eat a balanced diet. Get children involved in planning meals and in helping to prepare them. Make sure everyone drinks lots of water, too.

Sleep

This is related to exercise – we all tend to sleep better if we've been physically active. So try to fit some exercise into every day. Try some evening yoga to calm you down. And now is definitely the time to enforce a no-screens-before-bed rule.

Ration your intake of information

The World Health Organisation (WHO) has some excellent advice, including to avoid looking at the news constantly – limit yourself to a couple of times a day. Consider where you're getting your information from. Is it sensationalised? Is it actually helpful? The NHS website, the UK government's information, and the WHO are all good places to start. This is the time to be mindful about your social media use.

Do something creative

Whether it's drawing, writing, playing music, knitting, or building a bus out of cardboard boxes, you can lose yourself in creative activity, experiencing a supercharged state of concentration and freedom that's been described as "flow". It doesn't matter how rubbish the end product is (though you probably have to want it to be good) – it's all about the process.

Work with your children on whatever they're learning – and don't forget all the useful life-skills that aren't covered by the curriculum. Learn to bake bread together; teach them to cook eggs in six different ways.

Reassuring children

Encourage children to express their feelings. If they feel anxious, they should be able to say so. Provide them with information. If they are in a high-risk group, keep them socially isolated and assure them that you are doing everything to protect them and that if you follow the rules together, there is no reason for them to be infected.