

If there is anything you would like to add or see as part of our monthly wellbeing newsletters. Please let Lindsay Cooper-Smith know by emailing

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Coping in lockdown for kids

It's absolutely normal to feel scared, confused or angry with everything you're hearing about coronavirus and lockdowns. Here's a few tips:

- Talk to someone you trust about your feelings.
- Use reliable sources to get your information.
- Try different ways to stay in touch with family and friends. Video calls work great, but it's fun to go old school with a letter or card.
- Be active. PE's not happening and sports clubs are closed. It's still really important to get fresh air and exercise. Joe Wicks is back from next Mon too!
- Do what you enjoy or try something new. Make a list of books you want to read or hobbies to check out.
- Be Kind. Doing something for others also makes you feel good. And we're all in this together!

Sources: Newsround and Unicef

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Relationships of all kinds often have their ups and downs but if any of your relationships are causing you to feel worried, scared or upset there is help available. If you want to talk about your relationship with your friends, family or partner, contact us by calling 01752 206626, texting 07867358187 or emailing: enquiries@thezoneplymouth.co.uk

<https://www.bbc.com/mediacentre/2020/bbc-launches-biggest-education-offer-ever>

BBC Launches biggest education offer. View this link to find more information.

Try

Get moving! Physical and mental health are connected – so eat well and exercise to release endorphins. Find a fun activity that suits you and your schedule.



Setting aside time to have fun or indulge yourself – positive emotions can help build a buffer against stress.

Learning a new skill – whether painting, playing guitar or a new language.



Sharing how you're feeling – it's OK to ask for help and support.



Avoid

Overdoing it on sugar, caffeine or alcohol – they're a quick fix which can increase stress in the long term.



Overworking and checking your emails out of hours – we all need time to unwind.



Spending **too much of your free time** in front of a screen – phone included. Don't feel pressured to always be 'doing' something.

Chasing perfection – it can create unrealistic expectations. Accept that mistakes will happen.



Schools & families can request free mobile data increases for students without broadband and/or who can't afford extra data for devices. Three, Smarty, Virgin Mobile, EE, Tesco Mobile & Sky Mobile all taking part in the scheme. More info here: get-help-with-tech.education.gov.uk/internet-access

www.nspcc.org.uk/keeping-children-safe/support-for-parents/look-say-sing-play/

Brain-building happens when you and your little one are interacting with each other. It's about taking a cue from them, and reacting to what they're doing. You could think of it



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