

## Exercise is a safe thing to do



Usually I go to Hawridge and Cholesbury CE School but we are in lockdown which means the school is still closed to some children.

This is so people can stay safe from the Covid 19 virus. So, I am doing some school work at home and spending time doing some things I enjoy.

I have been brilliant! I have done some chores and stayed calm. I have done all the work I can – that is brilliant. Well done me!



The government are trying to do the best thing to keep people safe and they are taking advice from scientists who know more about these things. This is good.

One piece of advice is that it is good to go out for exercise. This could be a walk or a bike ride through streets, around a park or green space, along a canal or a river. This is fine.



The scientists have discovered that Covid 19 is harder to catch when people are outside. Covid 19 seems to pass more on hard surfaces inside, or by people with the virus coughing when they are close together. That's why we talk about 'social distancing'.



Scientists have also found that children are not very affected by Covid 19. This is good news too.

Going for exercise has many benefits whilst we are at home. One is that it is physical movement that helps our bodies keep healthy. Another reason is being around nature (trees, water, plants and wildlife) is good for our mental wellbeing.



Noticing things we see can remind us that most of our environment is good. Taking time to listen, smell and look at things can give our brains a rest from being anxious. This is good too.



I can try to go for some exercise each day with someone from my household. I can feel okay that I am unlikely to get ill. If I see other people, it is fine to cross the road or pass them leaving the space between us. I can wait in a safe place until they have passed me. I can choose a route from my home that might be quiet.

Well done me. I am brilliant!