

Health and Wellbeing Newsletter – April 2020

Most of us are now adapting to our change of routine and the social, mental and physical challenges it brings to our families. For many of us this will add considerable strain to family relationships, particularly for parents who are trying to juggle their work life balance effectively.

We don't have to be superheroes or feel guilty if our family are stressed. It takes 2 months for new behaviour to become automatic and a new habit can take anywhere between 18 to 250 days to form. With this in mind, don't expect everything to change overnight to how you would like it to be. By the time it does it is likely we will all be back to work anyway!

Tips for balancing working from home and home schooling

One of the biggest stressors in families at the moment is trying to balance our children keeping up with their school work, whilst parents keep on top of their own work. Eefke Jansen is a Certified Professional Co-Active Coach who, while working with shedoesitcoaching.com, has produced an eight-point plan to help balance working from home and home schooling. Click on the link below for further information.

<https://shedoesitcoaching.com/balancing-work-from-home-and-home-schooling/>

Physical activity from home

By now it is likely that everyone in your house is familiar with Joe Wick's PE lessons and his living room décor. Most sessions have received millions of views and the advertising has raised almost one hundred thousand pounds for the NHS.

If you are finding it hard to maintain your daily workouts, remember that it is OK to have rest days. If you are not used to such high intensity sessions, the likelihood of injury increases dramatically due to the risk of over-training. It is fine to use a daily walk for both your physical and mental relief.

However, if you are after something different to try from your home, the government has published a list of high-quality online resources which can be accessed for students of all ages and indeed their parents.

Please try the various activities below and let us know how you get on with them.

1) Disney 10 Minute Shakeups

Website: <https://www.nhs.uk/10-minute-shake-up/shake-ups>

Description: 10-minute videos based on Disney films that count towards a child's 60 active minutes per day.

2) Super Movers

Website: <https://www.bbc.co.uk/teach/supermovers>

Description: videos which help children move while they learn. They support curriculum subjects, including maths and English.

3) #ThisIsPE

Website: <https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/>

Description: videos delivered by teachers focussing on the PE curriculum, accessible on YouTube.

Other things to watch and listen to:

There are also several interesting things to watch, read and listen to at the moment. Why not try the following:

- **To watch** – Julia Donaldson and friends every Thursday at 4pm for a story. Starting today - Monday 20th April at 5pm 'Mondays with Michelle Obama' – both can be found on <https://www.facebook.com/OfficialGruffalo/>
- **To listen** - Audio UK have released hundreds of free children's audiobooks for the duration of the lock down. While most audio book providers now have a series of free offers and discounts for the whole family, you can access Audio UK's free children's library at <https://stories.audible.com/start-listen>

Mindfulness and Mental Well Being:

We are aware of the impact such difficult times can have on children and young people's mental health and wellbeing and many children may be struggling with the significant changes.

Here is a list of recourses and support to help children if they are feeling anxious during this stressful time.

- [Childline](#) - provides support and information about Coronavirus which updated regularly.
- [Childline Kids](#) - Content targeted to under 12's.
- [Childline Calm Zone](#) - For breathing exercises, activities, games and videos to help let go of stress.
- [Children's Commissioner \(PDF\)](#) - A Children's guide to coronavirus.

Wellbeing through colouring

Following on from the previous newsletter, colouring as a form of mindfulness as continued to grow, and we have included some more here to be printed.

Along with providing a much-needed break and the chance to relax and refocus, colouring can:

- Help lift your mood, decrease anxiety and stress
- Encourage forming positive, relaxation-based coping mechanisms to help manage anxious thoughts and feelings
- Distract from negative thoughts and interrupt a focus on worries about past or future events.

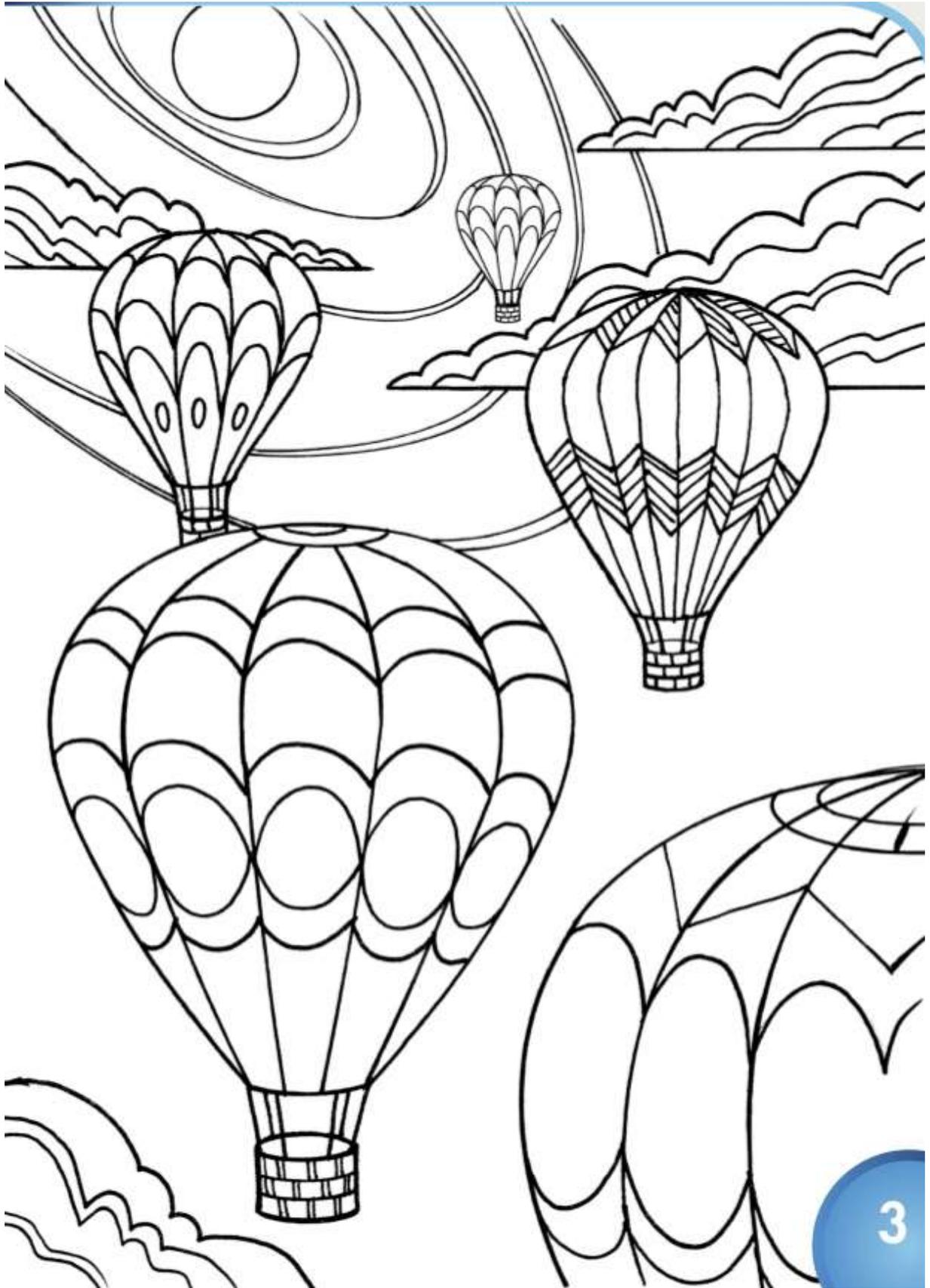
And finally,

We are always keen to see and share how everyone is keeping active. If you have any videos of your family keeping active, or recommendations for others, please let us know either by email at info@bpet.co.uk or Twitter @BPETEducation.



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