

Surviving self isolation

Stick to your usual routine as much as possible.

Make a timetable to help you. Include some of the following:-

- Getting dressed
- Meal times
- School work
- Exercise
- Social time

Exercise safely

Joe Wicks is doing PE lesson on Youtube at 9am every Monday-Friday

Here's todays:-

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Set yourself a new challenge

Have you wanted to do something new for a while? Now is the time to start. Learn a new skill, challenge yourself to hold a plank for longer, start a new book, learn a musical instrument.

Keep in contact with friends

Find new, safe ways to connect whilst practising social distancing.

Join in a TikTok challenge

#safehands

Finding all this change and uncertainty difficult to process and deal with?

Lots of help here: <https://youngminds.org.uk/>