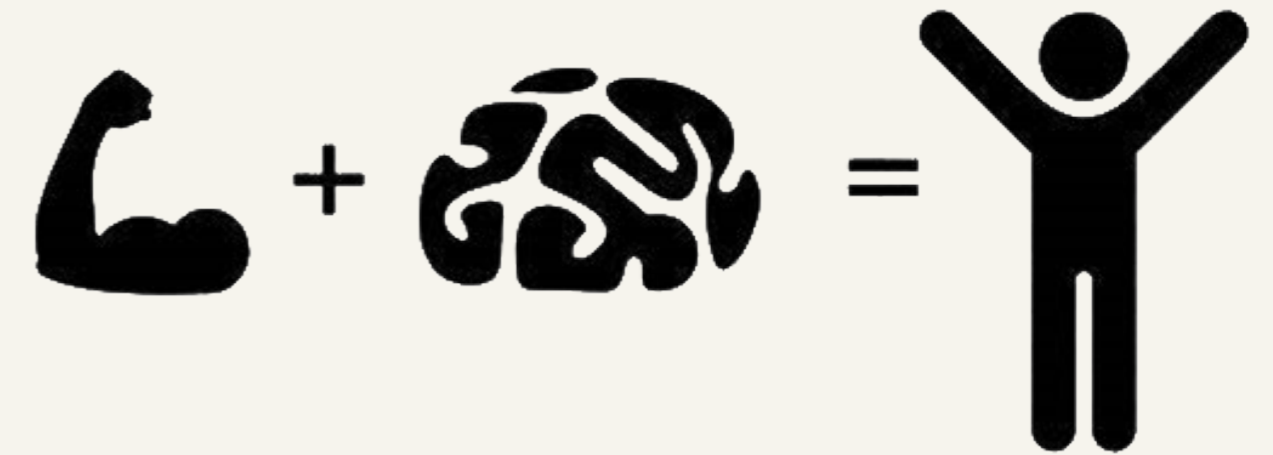


**My 😊  
wellbeing  
toolkit!**

# My wellbeing toolkit!



It is really important that I keep a healthy body and mind during the Coronavirus pandemic.



Things might feel different or strange because school is closed and I am spending lots of time at home.

Some days, I might feel happy and excited to be at home. But some days I might feel sad, worried or angry. I am probably going to feel lots of different emotions during the Coronavirus pandemic but that is OK!



# My wellbeing toolkit!

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**Every day I can try and notice how I am feeling and talk about this openly with family or friends:**

**1.** I can decide whether I am feeling Sad? Happy? Nervous? Angry? I can tell someone I live with how I am feeling and why. I can ask someone else how they are feeling and why? I might want to write this down in my Feelings Diary (Resource B)

**2.** If I am feeling sad, nervous or angry I might choose a strategy or activity from this Wellbeing toolkit...

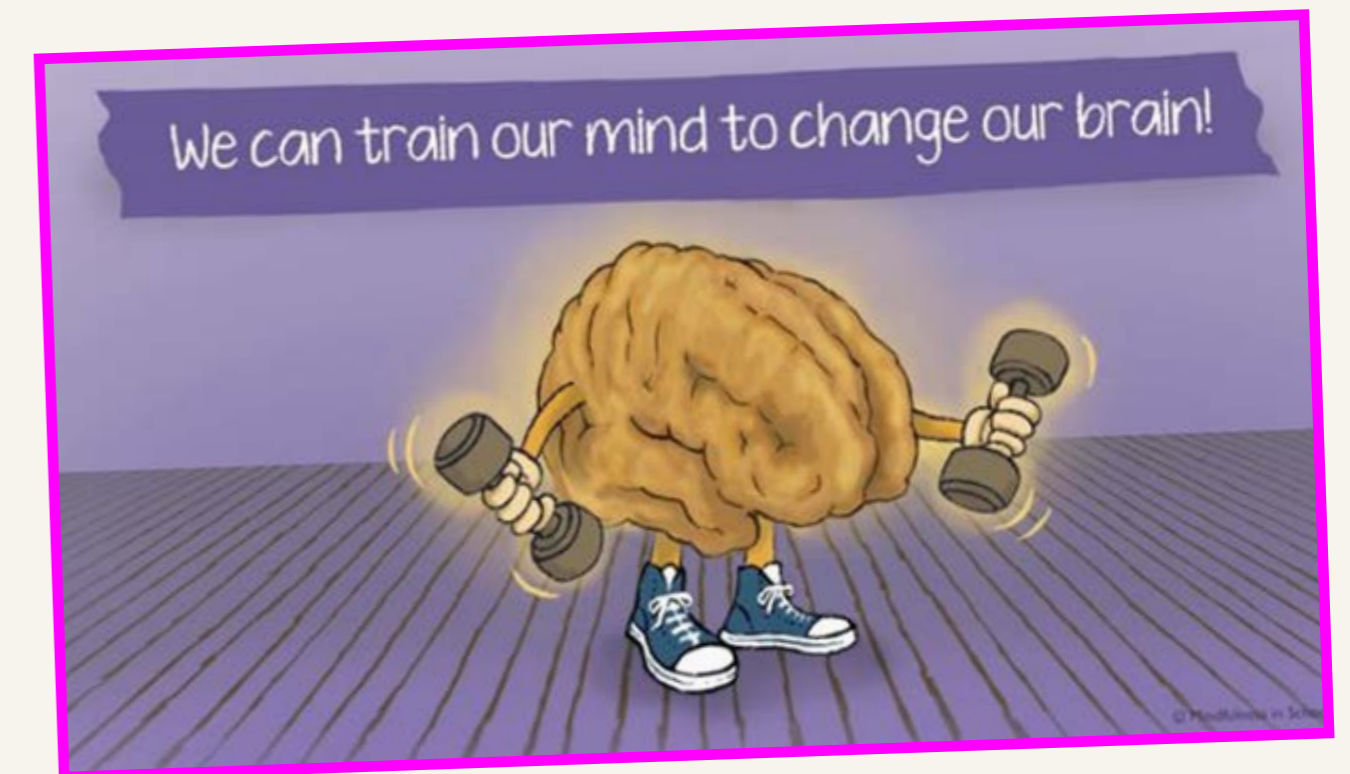
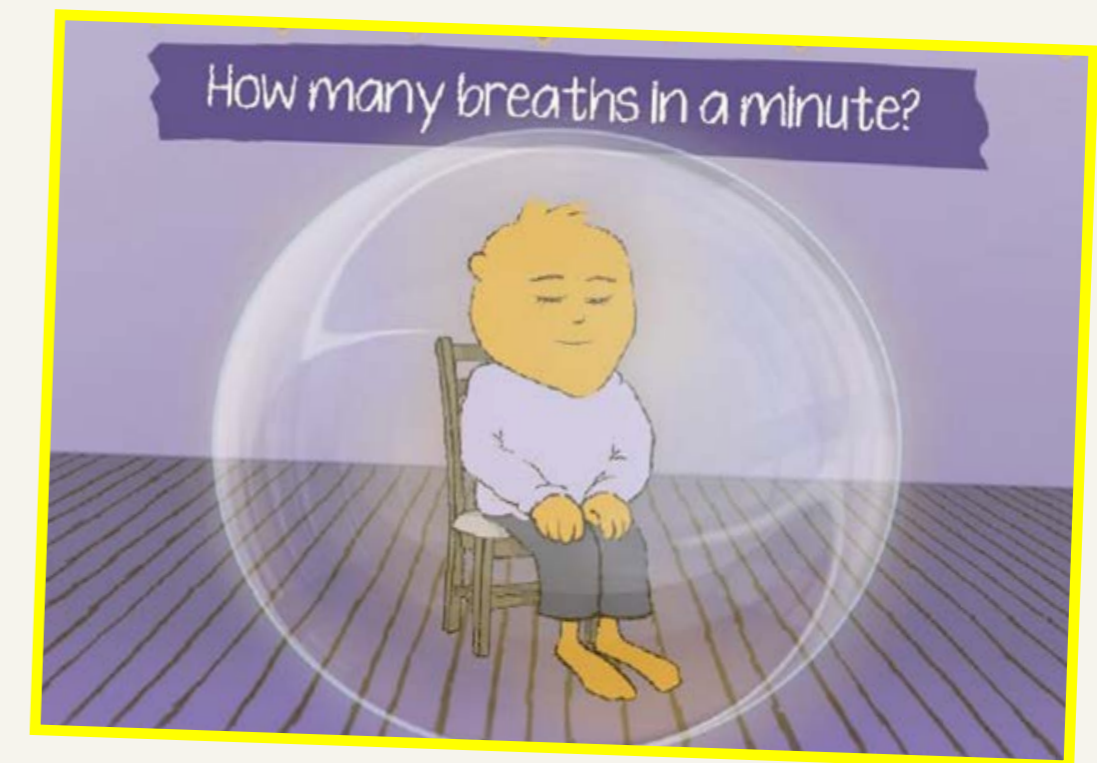


# Mindfulness!



**I can train my mind to pay attention to myself and my surroundings. Focussing on my breathing is a special experience that helps me relax and concentrate. When I do mindfulness it is important that I feel comfortable - so this means, sitting, or lying down on a cushion or on my bed. If I am sitting I can sit up straight and rest my hands on my knees or my belly. I can close my eyes if I want to.**

- 1. Breathing in through your nose and out through your mouth - paying attention to smell** ([Resource C](#))
- 2. 'Take 5' and 'Sitting like a frog' -** ([Resource C](#))  
<https://www.shambhala.com/sittingstilllikeafrog/>
- 3. Try counting how many in-breaths you breathe in one minute.** Starting to count when you hear the bell and stopping when you hear the bell at the end.
- 4. Download your FREE ebook at**  
<http://blissfulkids.com/mindfulness-for-children-take-five-exercise/>





# Exercise!



**I can try new ways of exercising so that I keep energy flowing through my body. Every day I will try and do physical exercise for at least 30 minutes, 2 times a day. This can be in a room in my house or in the garden. Some things I can try:**

- 1. Joe Wicks Kids Workouts on YouTube – The Body Coach TV**
- 2. Mr Motivator on YouTube – fun fitness at home!**
- 3. Zumba Kids on YouTube – PopSugar Fitness, Indoor Recess, Dance Monkey**
- 4. The Sid Shuffle – Ice Age: The Continental Drift on YouTube.**  
Learn the Sid Shuffle, record and share with your friends





# Yoga!

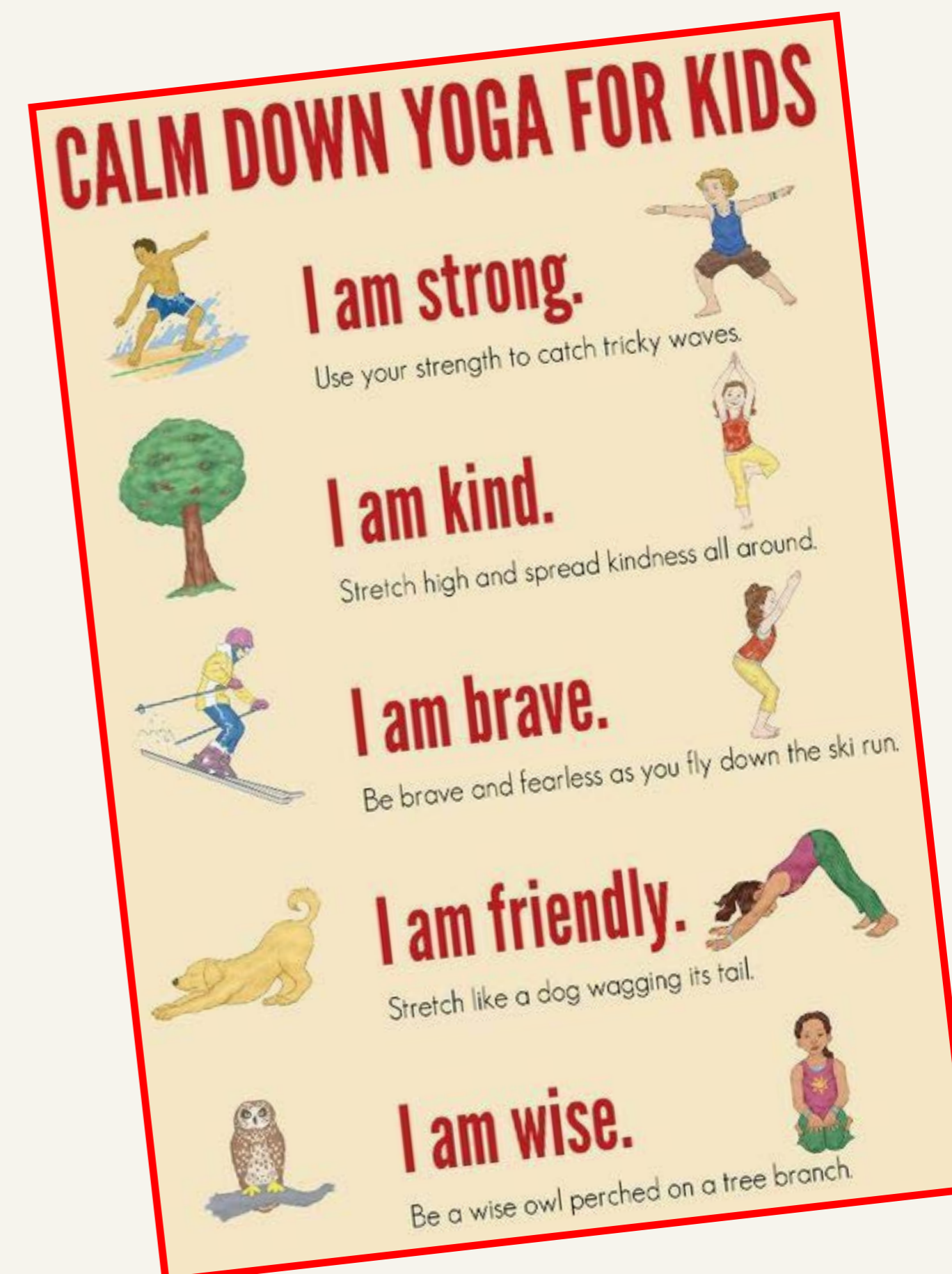


Doing yoga at home is another useful exercise to help me tune out of my thoughts and tune in to my body. It is a tool that can help me feel relaxed, energised and focused. I do not have to be 'good' at P.E. or gymnastics. It is not about getting things 'right' but simply having a go and having fun.

Have a look at the poses on this poster ([Resource C](#)), and try and copy them. As an additional challenge, can you hold the pose while reading the statement "I am..." Believe that statement. You are strong! You are kind! You are brave!

## Yoga Exercises

1. [www.twinkl.co.uk](http://www.twinkl.co.uk) This a great website which allows your parents to create a free account. They have lots of resources you can access online, that include yoga pose cards and activities.
2. <https://www.youtube.com/user/CosmicKidsYoga> This is a YouTube channel led by Janie, who is on a mission to help you become stronger, wiser and calmer. Check it out!





# Nutrition. What can I eat and drink?

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**The things that I eat have a huge impact on my physical health. They also affect how I think and feel. By making healthy choices at mealtimes and snack times I am helping myself to feel more motivated, energised and productive. This will have a positive impact on my work, and on my wellbeing. Here are some useful tips to follow:**

- **Try to avoid having sugary foods as a snack**, and instead think of savoury snacks that you enjoy, or healthy sugars such as fruit.
- **Draw a picture of a rainbow.** Your aim is to eat a fruit or vegetable from every colour of the rainbow. Whenever you eat a food from a new colour, tick it off. When you have completed your rainbow, start again!
- **Keep drinking!** It's important to stay hydrated. Avoid squash if you can, as it contains added sweeteners, and try chopped fruit in water or fruit tea that's cooled down.





# My daily routines!

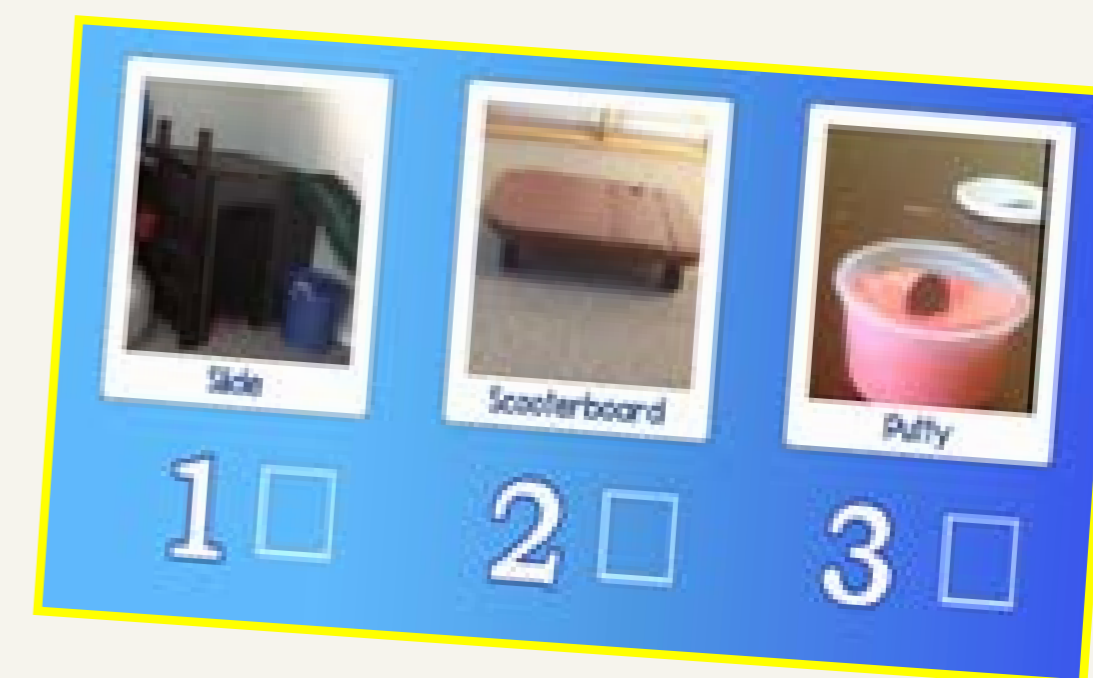


I will try and do a mix of educational and fun activities every day. It might be helpful to make a visual timetable with my family so I know what is happening next.

Use objects, photos, pictures, drawings and / or written words to make your own daily visual timetable.

Try ASD Tools app (£3.99) or First and Then app (£9.99) on the Ipad to help you make your timetable.

If you are finding it hard to concentrate you can have a break and listen to some music, read a book, do some exercise/mindfulness/yoga or do something creative...



7-8am	RISE & SHINE	
8-9am	MORNING WALK	Wake up, get dressed, tidy room, eat breakfast, choose snacks for the day, brush teeth
9-9.30am	FITNESS	Get half an hour of fresh air in the time then back home to set up work station for the day
9.30-10am	PHONICS / SPELLING / KEY WORD	The Body Coach work out!
10-10.30am	TTRS / NUMBERBOTS / CLASSROOM SECRETS	On own or with parent
10.30-10.45am	BREAK	On own or with parent
10.45-11.30am	ENGLISH ACTIVITY	Get some fresh air. Be mindful of each other
11.30-12.15pm	MATHS ACTIVITY	Emailed from school
12.15-1.15pm	LUNCH	Emailed from school
1.15pm - 2pm	FOUNDATION ACTIVITY	Eat and help clear up. Try and get some fresh air
2-2.45pm	CREATIVE TIME	History, Science, RE etc
2.45-3.15pm	WATCH NEWS ROUND AND HELP CLEAR UP	Guided drawing, painting, writing a play etc

AFTER CORONA COLLEGE, HAVE SOME FREE TIME, HELP WITH CHORES, LISTEN TO MUSIC AND FACETIME FRIENDS

Four smiley face icons are at the bottom.





# Get creative!



**I have LOTS of creative skills and now I have the time to practice these skills:**

1. Draw, make, design your own rainbow and put it up on your window or front door. Visit the 'Rainbows around the world' Facebook group <https://www.facebook.com/groups/827812681026336/>
2. Cook/bake a new recipe
3. Plant seeds or help your family with gardening – notice the awakening spring!
4. Daily drawing lessons. Visit Henny Beaumont facebook page. <https://www.facebook.com/henny.beaumont>
5. Read the Little Gnome who had to stay home with your family (YouTube or story version) <http://londonsteinerschool.org/home/more-info/>



# I am amazing!



**I can think about all the things I like about myself and things that I have enjoyed doing at home. This will help me to keep a happy mind and brain.**

At the end of every day, write down one thing you have enjoyed doing or something you are pleased with. At the end of the week (e.g. Sunday) you could try sharing these positive things with people you live with.

*Try and give one compliment to each person you live with every day.*

A journal template with a pink border. At the top right is a small drawing of a smiling face with the text "What did I do well today?" below it. The journal is divided into three rows for "Monday", "Tuesday", and "Wednesday", each with a blank space for writing.





# Hang on, what is Coronavirus?



I have never experienced a pandemic before and it is a bit confusing for me. There are some words e.g. 'Coronavirus' 'pandemic' 'virus' 'social distancing' that I don't fully understand. I can read these social stories to help me understand what these words mean:

## 1. My Story about Pandemics and the Coronavirus by Carol Gray

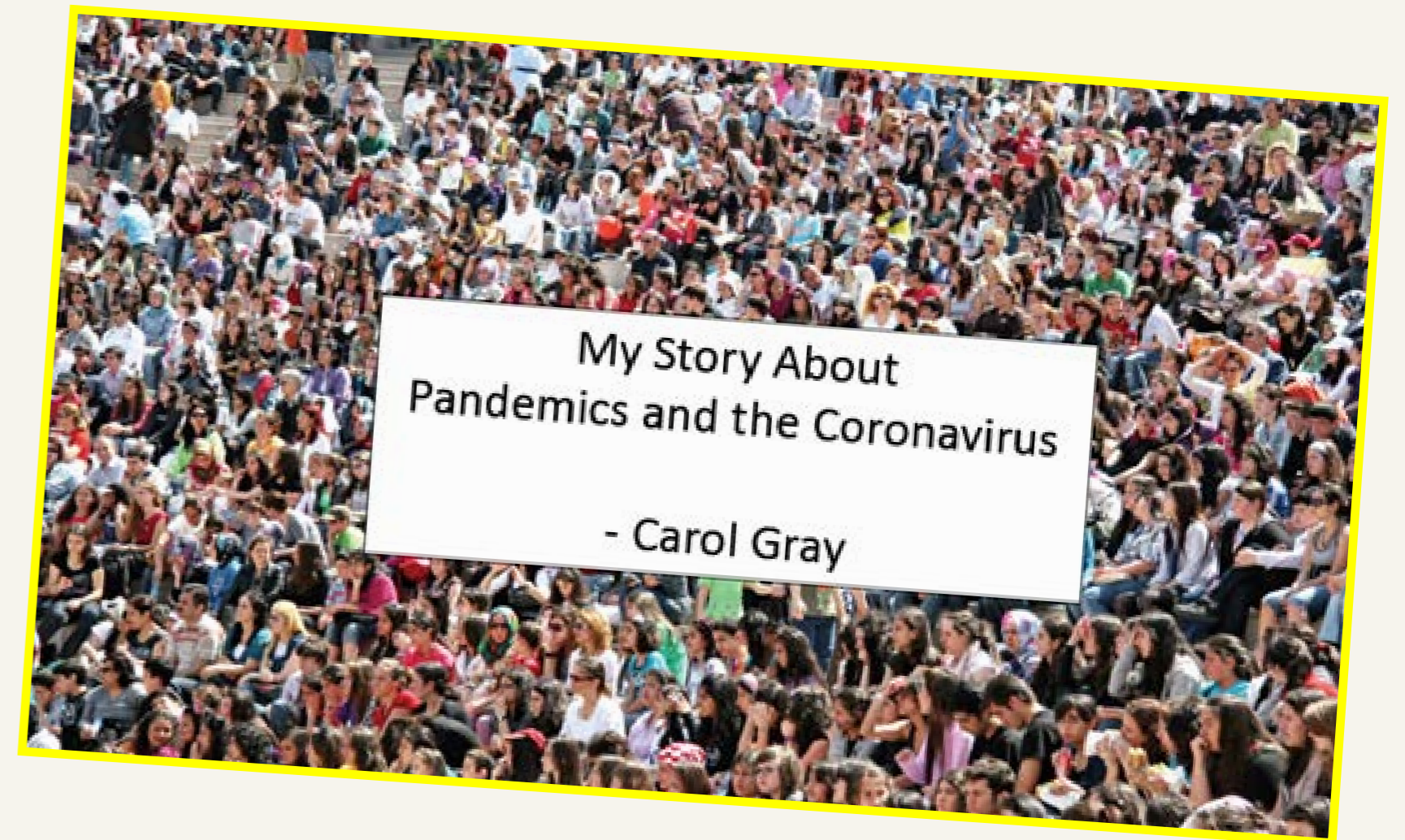
[https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR1hM\\_AgRYCGqnyMLOUF9ua\\_V\\_SO0Pg0oDnxuGDqBbFNrzOpLI1hFiWp1Jk](https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf?fbclid=IwAR1hM_AgRYCGqnyMLOUF9ua_V_SO0Pg0oDnxuGDqBbFNrzOpLI1hFiWp1Jk)

## 2. My Social Distancing Social Story

[https://dianellascesc.wa.edu.au/uploads/1/2/5/1/125130422/social\\_distancing\\_story.pdf](https://dianellascesc.wa.edu.au/uploads/1/2/5/1/125130422/social_distancing_story.pdf)

And for more information I can visit these websites:

1. BBC Newsround - <https://www.bbc.co.uk/newsround>



# A final note for parents!



**We hope you find some of these wellbeing ideas useful. But for yourselves, this new family reality is a big change and one that will feel different day to day. You are not alone. Here are some websites you might want to explore for advice, activities and more...**

**1.** Advice for staying calm, being empathetic and managing practical things whilst in the family: <https://www.beginningwell.org/en/quarantine-the-new-family-reality/>

**2.** YouTube: Supporting neurodiverse children in challenging times such as during self-isolation: <https://www.youtube.com/watch?v=dXPtqmHKNoE>

**3.** Hackney Local Offer page/Get Hackney Talking – general information leaflets and guidance. Please keep checking these for updates from the Hackney Speech and Language Therapy Team. <https://gethackneytalking.co.uk/parents/>









**4.** Family Zone - Split up by age group, parents can find ideas and guidance for simple activities that will engage children at home, while also benefiting their reading, writing and language development. <https://literacytrust.org.uk/family-zone/>

**5.** Pobble 365 – Quick day-day language stimulation ideas! <http://www.pobble365.com/>



# Resource B.

	Triggers	Feelings	What I did (behaviour)	What happened next? (consequences)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

# Resource B.

## Today I feel...

Directions: Circle the Emoji that best describes how you are feeling.



Happy



Sad



Surprised



Scared



Angry



Embarrassed

## Because...

Draw or write about what happened

A large, empty rectangular box with a solid black border, intended for a child to draw or write about the event that caused their feelings.



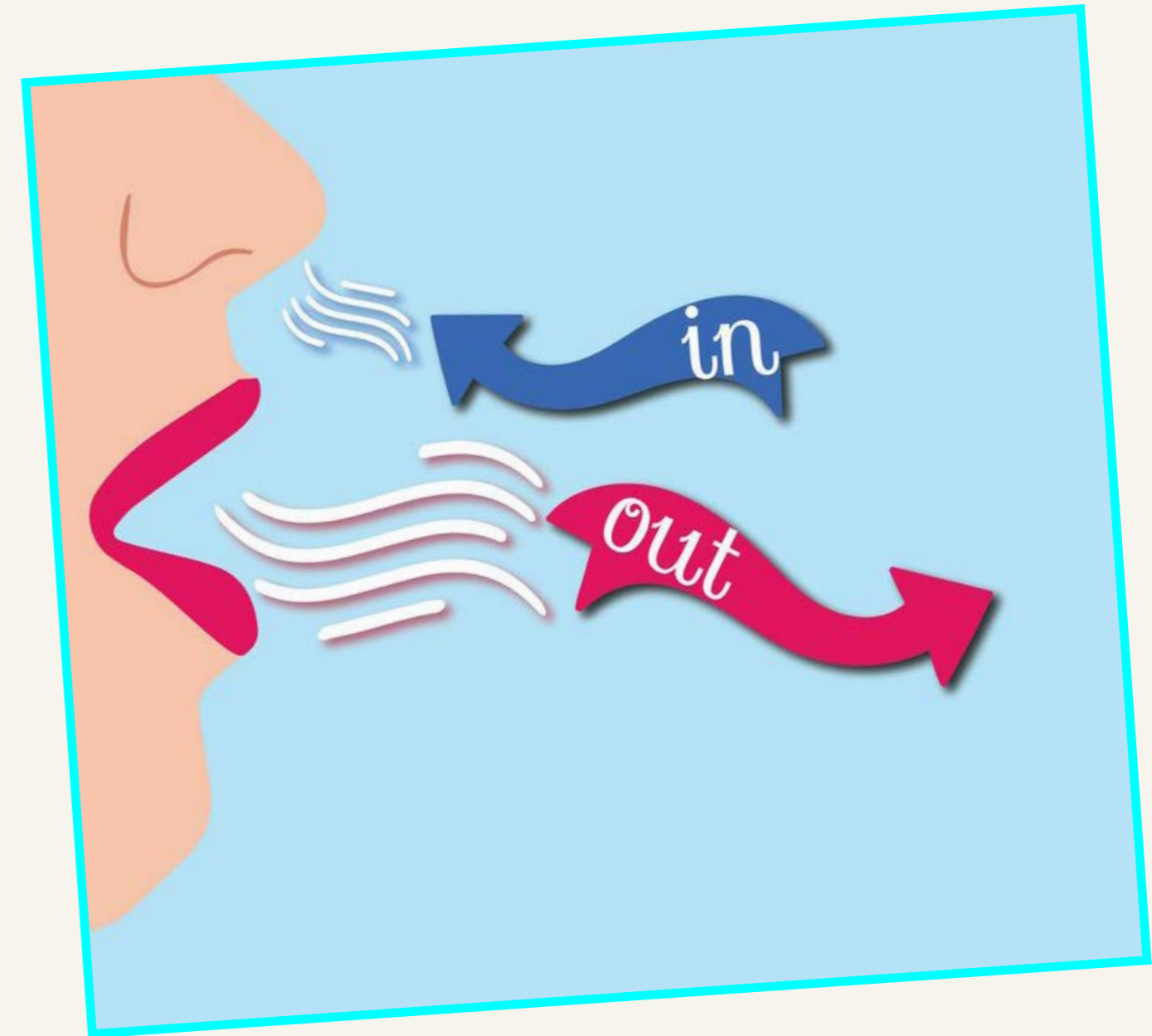
# Resource C.



## Mindfulness Exercises

Listed below are some exercises to help you be mindful of your breathing. When you do your mindfulness it is important you feel comfortable- so this means, sitting, or lying down on a cushion or your bed maybe. If you are sitting, try and sit up straight and relax your shoulders. Rest your hands on your knees or your belly and close your eyes if you want to. You can do these exercises on your own, or with your family.

**1. Breathing in through your nose and out through your mouth- Think about a lovely smell (roses, a bakery, your mummy or dad's perfume) and think about something that you might want to blow out or away (a dandelion or candles on a cake). When you breath in through your nose, pretend you are smelling that lovely smell. When you breathe out through your mouth, pretend you are blowing something away. Repeat this five times. How do you feel? Repeat again, or any time you need.**



# Resource C.



2. Take 5- Use your pointer finger to trace round the fingers of your other hand. As you move up the finger, breathe in, as you move down the other side of the finger, breathe out. When you get to the end of your fingers you will have done five breaths. How do you feel? Do you want to try again

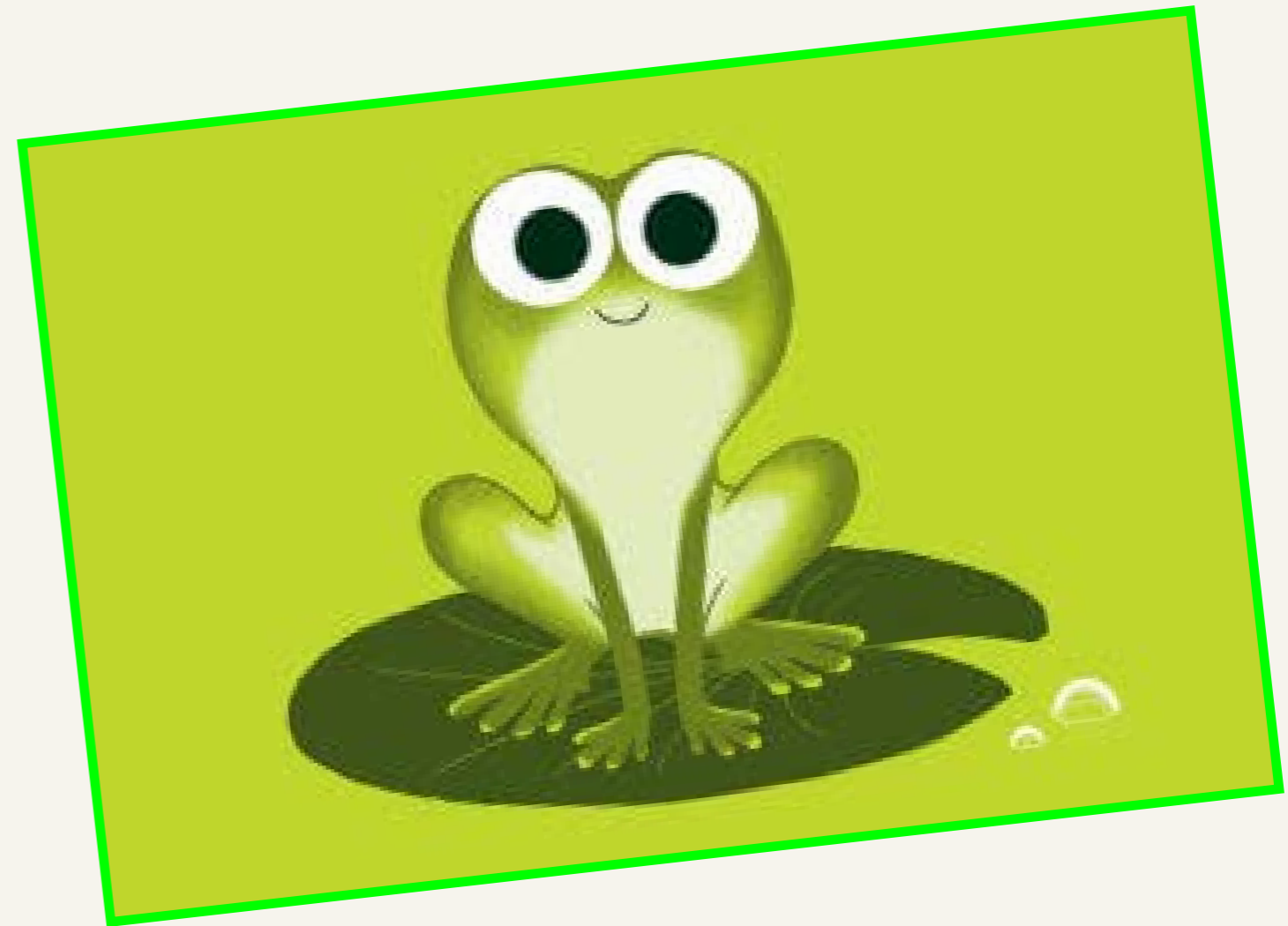




# Resource C.



**3. Sitting still like a frog. This is a mindfulness exercise taken from the book 'Sitting Still Like a Frog' by Eline Snel. It is a great book that explains mindfulness and includes exercises for children aged 5-12 (and up). This is an exercise taken from that book. You might be able to do this exercise independently. You might need someone at home to read the following paragraph out loud to you:**



Stopping and observing are things you can learn from a frog. Although a frog is capable of gigantic leaps it can stop jumping and be still. The frog sits still and breaths and when it breathes it's frog belly rises a little and falls again. Imagine you are a frog, sitting next to a large pond. When you sit still like a frog you might notice small movements in your body. What do you notice? Why don't you direct your attention to your nose- can you feel the air moving in through your nose and out again? Feel the breath in your throat, in your chest, or perhaps even further down in your

your throat, in your chest, or perhaps even further down in your belly. You can put your hands on your belly and feel it moving as you breathe. Every time you breathe in your belly rises a little, and every time you breathe out it falls a little. Can you feel that? You breathe in, pause, you breathe out, pause. Keep breathing in and out, focusing on the air moving in and out. Breathing brings calm. You are still, like a frog."

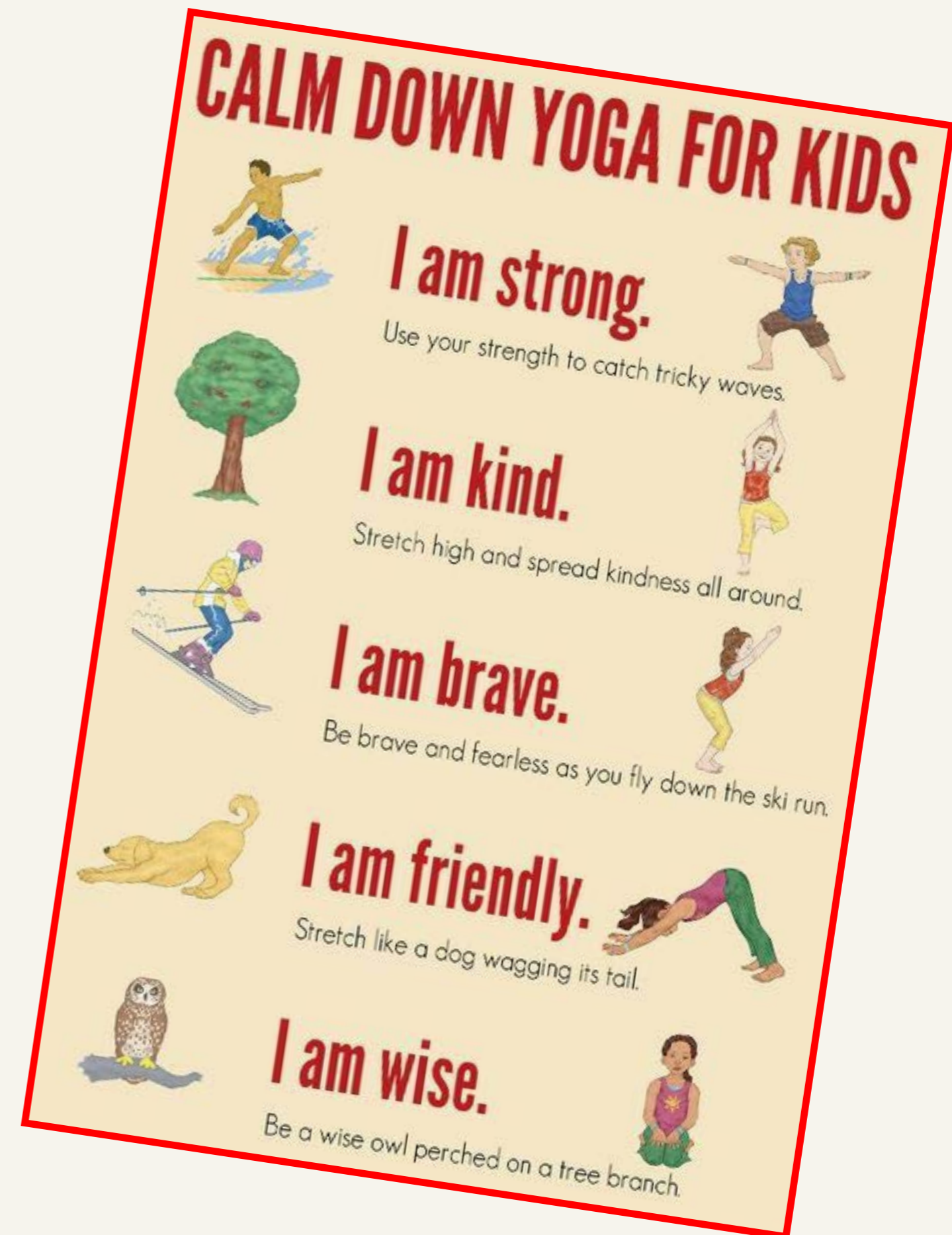
**Further audio exercises, taken from the book, can accessed for free from the website: <https://www.shambhala.com/sittingstilllikeafrog/>**

# Resource C.



## Yoga Exercises

1. [www.twinkl.co.uk](http://www.twinkl.co.uk) This a great website which allows your parents to create a free account. They have lots of resources you can access online, that include yoga pose cards and activities.
2. <https://www.youtube.com/user/CosmicKidsYoga> This is a YouTube channel led by Janie, who is on a mission to help you become stronger, wiser and calmer. Check it out!





# Contributors.

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