

# Stay positive, keep learning

5 tips for children and families learning and living through social distancing



## STICK TO A ROUTINE

Keep getting up and going to bed at set times. This is ENORMOUSLY important for your **mental** and **physical** health.



Plan your days with time for **work** and **play**. This will help you to stay **positive**, calm and productive.



## MAKE TIME TO BE CREATIVE

Paint. Write. Bake. Play. Dance. Make.

Take time to **discover** new talents, or nurture old ones.



Find out what things the adults in your home can do and learn from them, or use the internet to discover and learn new skills. The **possibilities** are endless!



## LIMIT SCREEN TIME

Tablets and computers are going to play a huge part in your learning, but don't let yourself become a **screen zombie!**



Be mindful of how you use screens and try to take lots of breaks.

Here are some tips:

1. No screens an hour before bed.
2. See if your device has a focus mode or other way to shut off addictive apps.
3. Do as many things in the real world, as you do in the virtual!



## GO OUTSIDE, STAY ACTIVE

Spending time in the **sunlight** is essential for wellbeing. Make time **everyday** to be outside. If you have a garden, use it. If you don't, take walks with your family wherever you can safely.



Staying **active** is also really important. **Getting moving**, little and often, will help you keep fit, boost your mood and build your strength.



## TALK, SHARE, BE GRATEFUL

The next few months will be challenging, and it's normal to have some worried feelings.



**Talk** to family and friends. **Share** how you feel and if you are able to, listen to others too.

If you have relatives or neighbours that are isolated, arrange with a grown up to call and check in. **Stay in touch** with friends and family via post, telephone or email.

**Be grateful** for each other. Now more than ever.

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