

5 THINGS THAT ARE REALLY HELPFUL FOR OUR HEALTH & WELLBEING!



The 5 things are-

1. **Connect**- important for both adults to keep in contact with friends & family, and for children to feel connected to their friends. Lots of virtual ways to do this. And important for everyone living together to connect and enjoy each other's company where possible. And to connect with how we feel ourselves. This is an unprecedented situation and that brings out all sorts of feelings. Phone or video chat with your back-up team. (e.g. Ask a relative to listen to some reading or play some music or dance together over a video chat)

2. **Be Active**- we are very lucky to live next to Holyrood Park. Going there when possible is often the easiest way to stay active, at the moment. And at home, getting up and dancing, doing gymnastics shows, trying an online activity class would all work, even when everyone in a household is in isolation. Staying active at home will become increasingly important as restrictions on movement come into place. ([Click here for your PE lesson every day!](#))

3. **Learn**- this could be the names of flowers, or birds, or anything in the natural world. Or something new from a tv programme or a new dance move, or a new recipe or a song or poem. Stay curious! (try www.foodafactoflife.org for hints and tips about cooking with children)

4. **Give**- for adults this may be about doing things locally to support those who are isolated, or neighbours. For children it may be helping at home with cooking or cleaning or the garden. Anything that is focused on someone else! It might be the time you give to each other to listen and connect. Practice random acts of kindness (e.g. making a cup of tea, tidying a room, <https://www.randomactsofkindness.org/kindness-quotes>)

5. **Take notice**. Concentrating on the moment helps to reduce anxiety which is high for lots of people at the moment because these are stressful unprecedented times. It means being aware just on right now. Could be a focus on birds out the window, or new green leaves, or your own breathing. There are lots of short mindfulness activities online. (try Cosmic Yoga: <https://www.youtube.com/user/CosmicKidsYoga> or their Zen Den, Mindfulness for Kids: <https://www.youtube.com/playlist?list=PL8snGkhBF7ngDp1oJtx5VcjwatxZn8xLK>)

HAVING FUN

is the foundation stone for all 5 tips, important for *everyone*!

These 5 things have been adapted by one of our parents at PG, thank you to RK!