



Highley Primary School



Wellbeing during School Closures

Please look after yourself and children while the school is closed. Below are some supports that you can access while we are closed. Please think about your children's routine, make sure that they get some exercise, eat well and get enough sleep. It can be difficult when the focus of the day is lost to maintain a positive routine, there might be a temptation to stay up late. However, it is really important for children's emotional and physical wellbeing that you keep to a routine and take care of themselves.

Work packs are being sent home but remember you can organise the day in the best way for your family. It is still important for children to complete some schoolwork, otherwise they are likely to miss out on key learning.

For healthy eating:

<https://www.bbcgoodfood.com/howto/guide/healthy-eating-what-adolescence-need>

For Healthy sleeping:

<https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Key points for healthy sleep;

- **Limit screen-time in bedrooms or before bed**
- Exercise, if children take a walk outside or even do some stretches before bed, they will sleep better. If you go out for a walk try to notice all the things in nature that you can with your children
- Don't binge eat before you go to bed!

For exercise:

You could go outside for a walk, or you could do a workout at home. You can weight lift with tins of baked beans or other household items. You can run on the spot, do star jumps or online workouts like this one:

Yoga for teens: <https://www.youtube.com/watch?v=7kgZnJqzNaU>

[Joe Wicks Body Coach](#)

Relaxation

Try to make sure children stay relaxed while they are off, there are some apps and websites to help:

Go Noodle: FANTASTIC exercises for mindfulness, yoga and exercise

Breathr: Dr. Vo helped to develop this mindfulness app for youth with the Kelty Mental Health Resource Centre (British Columbia, Canada). Free for Apple and Android mobile devices!

Stop, Breathe, and Think: Web and mobile app for youth, with meditations for mindfulness and compassion.

Calm.com: Free website and mobile app with guided meditation and relaxation exercises.

Insight Timer: Free mobile app with virtual “bells” to time and support your meditations, and access to lots of guided meditations by many different meditation teachers (including Dr. Vo).

Plum Village: Zen Meditation: Free app for iOS, loaded with beautiful meditations and teachings in the Plum Village / Thich Nhat Hanh tradition.

MindShift: Free mobile app for teens developed by AnxietyBC, with mindfulness and other coping skills for anxiety.

Smiling Mind: Free mobile mindfulness app for young people, from Australia.

Headspace: “Meditation made simple.” This app has a free introductory period, after which it requires a paid subscription to continue to use.

<http://mindfulnessforteens.com/>

<https://leftbrainbuddha.com/mindfulness-for-teens/>

<https://mindfulness4u.org/mindfulness-in-pregnancy-and-childbirth/mindfulness-for-teenagers-and-adolescents/>

Here are some breathing exercises and visualisations:

1. **Noticing the breath**: this involves simply paying attention to what breathing actually feels like.
2. **Five-finger starfish meditation**: this breathing technique has kids holding up one hand in a starfish position (fingers spread wide) while they gently trace up and down each finger with the other hand, focusing on regular breathing at the same time.

3. Counting the breath: this technique is what it sounds like: have your children pause and count their breaths. One breath in is “1”, the next breath out is “2,” etc. You can have them count to 10 if they’re very young, or slightly higher depending on their abilities.

4. Body Scan:

The body scan is a key practice in mindfulness, and an easy one to teach to children.

- lie down on their back on a comfortable surface and close their eyes;
- squeeze every muscle in their body as tight as they can. Squish their toes and feet, squeeze their hands into fists, and make your legs and arms as hard as stone;
- After a few seconds, release all your muscles and relax for a few minutes;
- Think about how your body is feeling throughout the activity.

This simple exercise gets kids to be more aware of their bodies and helps them find a way to be present in the moment.

Or you can use this guided meditation

<https://www.youtube.com/watch?v=X462QPGZQt4>

5. Heartbeat Exercise:

Paying attention to one’s heartbeat has a role in many mindfulness exercises and activities. To begin, jump up and down in place or do jumping jacks for one minute.

Then sit down and put a hand over their heart. Instruct them to close their eyes and pay attention only to their heartbeat and, perhaps, their breath as well.

This exercise teaches children to notice their heartbeat, and use it as a tool to help their focus. These skills will come in handy as they start engaging in more advanced mindfulness activities.

6. Mindful Poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips

Here is a good visualisation you can listen to:

<http://www.shantigeneration.com/wp-content/uploads/2013/03/03-jade-meadow.mp3>

Support Numbers and Websites

If things are difficult for your children during this time, you don't need to be alone. There are lots of people out there to help. The websites and numbers below are specifically to help you at times of stress - please use them if you are struggling.

Here are some supports that will be available should you need them:

General mental health support for young people and their parents:

- **Young Minds website:** <https://youngminds.org.uk/> (Lots of information and advice, also a parent helpline for those worrying about their child's mental health).
- **Kooth:** <https://www.kooth.com/> Online counselling for young people.
- **The Mix:** <https://www.themix.org.uk/mental-health> Mental health support for under 25's. Online and telephone 0808 808 4994

If young person is in crisis:

- **Samaritans:** <https://www.samaritans.org/> support 24/7. Contact number **116 123**
- **Childline:** Online and telephone support. Contact number **0800 1111**
- Text the **YoungMinds Crisis Messenger**, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258. All texts are answered by trained volunteers, with support from experienced clinical supervisors
- **Hopeline U.K:** <https://papyrus-uk.org/hopelineuk> If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. Call: **0800 068 4141** Text: **07860039967** Email: pat@papyrus-uk.org Opening hours: 9am – 10pm weekdays, 2pm – 10pm weekends, 2pm – 10pm bank holidays