



Dealing with the effects of lock-down

Hello all,

Previously, I discussed ways you could help reduce anxiety and now I have selected a few of the amazing resources that are out there to show how you might deal with some of the other feelings caused by the current situation.

Thank-you

Mrs Woollen



Loneliness

This will be a very common feeling for adults and children as our usual social activities have been restricted. Below are some ideas about how you could 'reach' out to others and feel together again.

- Use social media or apps to organise a group chat. You might want to plan a quiz, fancy dress theme or games that could make you all laugh.
- Talk to the family members that you are spending the lockdown with. Try and discover something new about them. Parents –you could share a funny story about when you were growing up. Children- you could talk about a favourite interest that you have.
- Find a virtual class on social media that you and your friends could arrange to all watch.
- Connect with grandparents by writing them a letter.

Below is a link to 'under the same sky' a story told by Tom Hardy about two friends who find a new way to keep in touch despite being far apart.

<https://www.bbc.co.uk/iplayer/episode/m000hsff/cbeebies-bedtime-stories-750-tom-hardy-under-the-same-sky>

Trouble with sleep

Without our usual routines and busy days, we may find that we are not sleeping as well or that our usual body clock routines have changed. Below are some ways in which you can help yourself get a restful nights sleep.

- Use the weekend for a lie in and try to wake at roughly the same time as you would for work or school during the week.
- Try to get as much daylight as possible as this external cue helps your body clock know when it is time to be awake and when it is time to sleep.
- When possible, open up your curtains, blinds and windows to let in light and fresh air.
- Create a family activity planner for weekdays to help keep a routine using exercise, brain teasing activities and rest time to structure your days.
- Have a calming bedtime without screens, a warm bath and a story.
- Do calming activities such as colouring, reading, stretching or talking quietly before bed.
- Play calming sounds to help you drift off before bed.
- Dim the lights and close the curtains so your body knows that it is almost time to sleep.



Boredom

Take a brain break if you have been using technology for a while or completing work.

Start counting then have an action for certain numbers e.g. hop on a multiple of 5 or jump when a number is divisible by 3.

Play your favourite song and you are the dance instructor that your family has to follow and then switch to a different family member

Brain Breaks

Like Simon says but the person copying you has to do the previous action then switches to the new action when you say 'SWITCH'

Can you invent some new rules for Rock, Paper, Scissors. Play a few rounds of this.

These are mental and physical activities that can be done for a few minutes or for an hour depending on how long you need your break to be.

- The link below is for a resource that can help you create a visual timetable for the day. It includes activities for a mentally healthy day!

<https://www.partnershipforchildren.org.uk/uploads/Files/PDFs/Resilience%20Activities/Creating%20a%20Routine.pdf>

Links to more information

- Helpful information to answer children's questions about coronavirus

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

- Help with your well-being

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse842d2>

- Schools in mind

www.annafreud.org/schoolsinmind

- Child in mind podcasts

www.annafreud.or/childinmind

- On my mind

www.onmymind.info