

Help you Feelings during the Covid19 Lockdown

During the Covid19 lockdown, many people have started feeling stronger emotions including: worry, anxiety, frustration and confusion. These are uncomfortable feelings that aren't usually so strong but are very normal.



Many people are experiencing times where they feel very down and very low at the moment because they can't do the things they used to do. This is also very normal because it not what we are used to.

Shops have closed, parks have closed, restaurants have closed. All of these things helped us to stay happy, active and sociable, so without them it is understandably difficult to stay positive.



People's workplaces and schools also closed so this effected our usual daily routine. Routine helps us to stay focussed, organised and active.

Without these things, you may not be feeling like yourself. You may start to feel bad about yourself and feel useless or unmotivated.



Try not to be hard on yourself and try to take little steps to feeling a bit better. Here are some things you can try to help:

- Try sticking to a routine at home. Wake up the same time you usually would for school, get dressed, brush your teeth and be ready for an activity. Go to bed at the usual time at the end of the day and follow the same routine.
- Your first activity of the day can be something you really enjoy. It does not have to be schoolwork. Eg. Make a smoothie, go for a walk, do a puzzle.

- Write a letter to a friend, family member, teacher etc. Tell them what you look forward to doing after lockdown. Ask them to send back a reply.
- Set yourself a challenge and try to beat your score each day. (see below for ideas)
- Learn a new skill (this could be to draw a certain animal, to say 'hello' in four different languages, to juggle).
- Try one piece of school learning. This does not have to be completed on the same day as your teacher sets it. You can also change the activity slightly if you like. Please do not think you have to do all the learning. Your teachers will help you to catch up when you are back in school.
- Work through ELSA activities and mindfulness activities. Calming colouring is good too. We can print some of these off for you at school if you like.
- Write down one thing a day that you either you enjoyed, were proud of, made you laugh/smile or made you feel loved. You could make a special book for this. Ask school if you need any resources.

Try doing just one of the things on the list above first. Then two the next day, then maybe three after that. Work up to doing as many as you can each day, but take your time.



Challenge ideas.

The information in brackets is the world records, but you can set your own to beat each day. Try coming up with your own World Record Activities too and challenging your family!

- Furthest distance to blow a pea (12 meters)

- Fastest 50 meters hula hooping (8 seconds)
- Most dice stacked using chopsticks in 30 seconds (22)
- Fastest 50 metres on a space hopper (16 seconds)
- Fastest time to assemble Mr Potato Head (7 seconds)
- Most socks put on one foot in 30 seconds (28)
- Fastest time to type the alphabet on an iPad (4 seconds)
- Most soft toys caught blindfolded in 30 seconds - from 2 meters distance (lol) (13)
- Fastest time to pair emoji cards (no set record yet!) (all turned up the right way but mixed up)
- Fastest time to walk 10 metres, heel-to-toe (11 seconds)