

Self-Care & Wellbeing at Home

Looking after our mental health in these challenging times is just as important as looking after our physical health.

I have put together these pages to give you some ideas to help with keeping your mind & body well over the coming weeks.

Tips for De-schooling:

- **Make a List:**
Together, make a list of things you would like to do whilst off school & try to tick as many of these off as you can.
- **Have a Routine:**
A simple routine may be helpful especially if you are used to everyone rushing to get out of the house each morning. Find a natural rhythm & then when you are ready for a little structure try building in a few flexible but predictable routines throughout the day.
Try and take an holistic approach to this with a bit of physical, exercise, mindfulness, art & creativity, get cooking, play, read, watch a film, learn a new language perhaps.
- **Draw up a simple timetable for the day & see what you can accomplish.**
Below is an example.

My DAILY LEARNING PROJECTS

DATE ___/___/___ M T W T H F

TIME	TO DO	DONE
30 min	Reading	<input checked="" type="checkbox"/>
25 min	Big Life Kids podcast and coloring	<input checked="" type="checkbox"/>
30 min	Writing or journaling	<input type="checkbox"/>
1 hour	Creative Time	<input type="checkbox"/>
20 min	Math	<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>
		<input type="checkbox"/>

😊 One great thing which happened today

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Exercise ideas

Try some yoga!

YouTube channels:

- Cosmic Kids
- Bari Koral
- Kidding Around Yoga
- Yoga Ed.



GoNoodle has many different movement & mindfulness videos created by child development experts & it's free! <https://gonoodle.com>

Apps:

SworKit- workouts for the Kids free to download and all content is 100% free.

Mindfulness Ideas



- Cosmic Kids Zen Den on YouTube
- Headspace <https://www.headspace.com>
- Smiling Mind app for iPhone or Android. Free. What is great about this app is that it includes programs for all ages. There are programs for 7-9 year olds, 10-12 year olds, 13-15, 16-18, and beyond. There are also specific category sections such as sports, classroom, and in the workplace. This is an awesome app for the whole family, in all stages of the mindfulness journey.

Learn a New Language

<https://www.duolingo.com> there is also an app

<https://www.memrise.com> there is also an app.





Get cooking

- <https://www.sitters.co.uk> has fun cooking activities to enjoy with your children
- <https://www.eatsamazing.co.uk> has lots of ideas and recipes.

Educational Films & video

- <https://www.biglifejournal.com/blogs/blog/growth-mindset-movies-children> has a great list of family films to help children learn about growth mindset.
- Netflix
- <https://www.ed.ted.com>



Art & Creativity

- <https://kidsactivitiesblog.com/category/kids-activities>
- <https://www.origamiway.com>
- Pinterest
- <https://babbledabbledo.com/12-easy-art-ideas-for-kids/>



Outdoors & Nature

Things to do in your house to stay connected to nature and perhaps in your back garden:

- <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/activities/>
- <https://www.rspb.org.uk/fun-and-learning/for-kids/games-and-activities/>
- <https://www.wildlifewatch.org.uk/indoor-activity-sheets>



Stay happy, healthy and look after each other!