



Hello all. We hope that this finds you healthy, safe and happy.

Welcome to the second edition of our Helping Hand. We hope that the first one gave you at least one useful piece of information and/or idea to keep yourselves informed, busy and healthy during this period of time that we can't all be together. Some more ideas and thoughts are below. Please email [southconcerns@springwellacademyleeds.org](mailto:southconcerns@springwellacademyleeds.org) if any of the ideas are used successfully or if you have any suggestions of what you might like in here.

### **Stay informed**

When we know the facts of a situation, it can make it far easier to make good choices and feel safe. However, endlessly reading about the coronavirus and how many people are very ill can be stressful.

- Limit yourself to once a day if you feel you need to read the news/updates
- Make sure your information is coming from a really good source; a lot of things that get shared on social media are either made up or exaggerated. Use the news websites like BBC, Channel 4 etc. if you want to look for facts.
- Discuss what you are reading with adults around you to help you make sense of it.

There is a lot of advice out there, and a lot of messages on social media about people 'breaking the rules' and not keeping themselves and other people safe. This can all be a bit confusing and make us wonder what is the actual reality of what we should be doing.

The government have released guidance especially targeted at young people that should help you to understand how to make sure that you and the people around you are always safe and can help to reduce and manage the virus. It could be helpful to read this and then discuss with an adult. The link is here and will contain any updates if the guidance changes at all:

<https://www.gov.uk/government/publications/covid-19-staying-at-home-and-away-from-others-guidance-for-young-people>

### **Stay busy**

It's important to keep your mind occupied at this time, and there are lots of different ways to do that. Some of that includes doing the work you have been sent from school, and some of that is doing things you already enjoy as hobbies. If you tried any of the suggestions from the last Helping Hand, let us know on the South Concerns email address at the bottom of this issue. Some more suggestions:

- Visit a museum. No, not physically; google some of the world's most famous museums and they are giving virtual tours. For example, heard of the guy who chopped off his own ear? The Van Gogh Museum in Amsterdam is giving tours and offering lots of daily activities  
<https://www.vangoghmuseum.nl/en/whats-on/we-bring-the-museum-to-you?v=1#08>
- Some of you may be members of The Scouts. Of course, no-one can go to meetings at the moment, but The Scouts have added loads of ideas for indoors activities onto their website. Check them out – they range in age so look for those that might suit you:  
<https://www.scouts.org.uk/the-great-indoors/>

### **Stay physically well**

It is really good for your mind as well as for your body to try and move around as much as possible.

You are advised to take exercise outside at the moment; just remember to stay at least 6 feet away from other people that don't live in your house (to judge this, ask yourself if Mr Crichton could lay down easily between you and the person nearest to you!)

Have you managed to carry out any of the activities suggested last time? Remember, playing on the trampoline and helping with gardening or Hoovering are also good forms of exercise.

If you fancy more of a challenge, maybe try out the daily yoga sessions in the link below. All free and you build up skill as you go through the 30-day challenge:

<https://yogawithadriene.com/>

Or a simple squats challenge. Time yourself and do squats for 10 minutes each day, aiming to complete more squats each day than the day before.

### **Stay mentally well**

Most people are probably finding the way we are having to live at the moment difficult and are likely to be finding themselves feeling a range of different things: worried; sad; angry; frustrated; confused; even hopeless.

If you find yourself feeling a little bit of any of these things, talk to someone. Whilst you can't gather and meet your friends and family outside of your house, luckily most of us can phone/face time them. Talk about how you are feeling and you will probably find that they are feeling the same. Just talking out loud about it can really help.

The Children's Society has put together some really useful targeted ideas to support good mental health at this time. They can be found here <https://www.childrensociety.org.uk/coronavirus-information-and-support> and include ideas on sleep, for example:

#### **Bedtime Gratitude**

As well as being mindful of our breath and our thoughts, there are other things we can do to help support good mental health.

Before you go to sleep, think of up to 3 things you are grateful for. Write them down, smile to yourself and prepare for sleep.

**Stay safe and take care of one another.**

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