



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

Welcome to the third edition of our Helping Hand. Please email southconcerns@springwellacademyleeds.org if any of the ideas from our previous issues have been used successfully or if you have any suggestions of what you might like in here.

Stay informed

"The more you know, the better you feel," says Dr Chris.

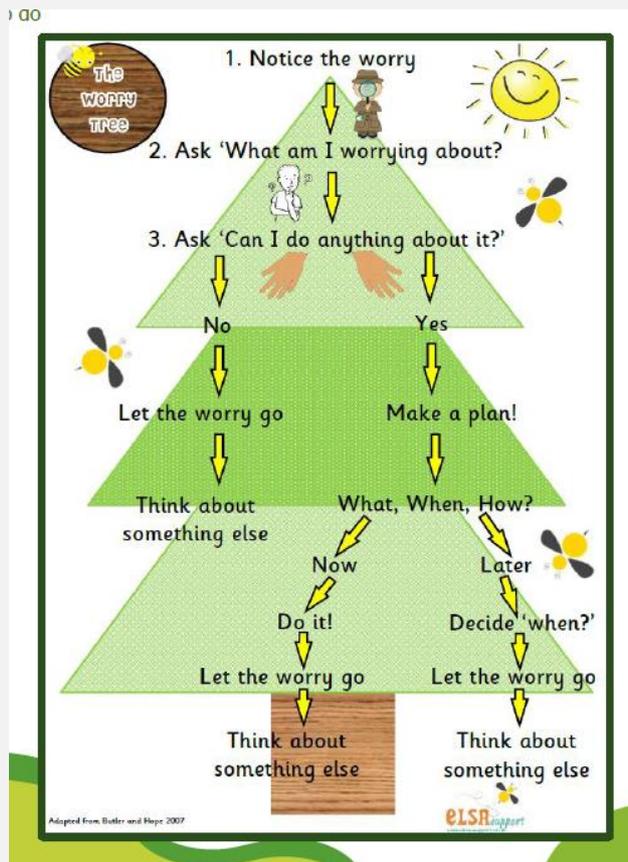
That's why the doctor and his twin brother Dr Xand, from CBBC's Operation Ouch, have been answering YOUR questions about coronavirus.

BBC newsround has loads of short, helpful videos that answer questions about Coronavirus here:

<https://www.bbc.co.uk/newsround#more-stories-2>

Stay well

Some people have told us they feel worried at the moment. This worry tree could help you to work out what to do with your worries to stop them from feeling too big:



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. Now could be a good time to try something new also.

- Could you make a paperchain of kindness for your home? There is a lot of worry around at the moment, and there are also lots of acts of kindness every day in every community; people have clapped for the NHS, shopped for those who can't shop for themselves and maybe even made mum a cup of tea when she's had a busy day! Make a paperchain where you write on each piece of paper one act of kindness you have done or seen. We think these could be REALLY long in lots of houses from what we have been hearing when we call you each week. 😊

Paper Chain Instructions:

Cut strips of paper in varying colours.

Tape, glue, or staple the ends together to make a loop.

Insert a second strip of paper into the loop.

Tape, glue or staple this strip to make an interconnected loop.

Continue until your paper chain is as long as you want it.

- Make some junk models using packaging that would otherwise be thrown away/recycled. Lots of ideas here:

<https://www.playlikemum.com/20-genius-junk-modelling-ideas-for-kids-to-try/>

These were some of our favourites; made from an egg carton!



Stay safe and take care of one another.

www.springwellacademyleeds.org

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