

Hilbre High School.

Wellbeing at home.

School is really proud of you and understands that the situation you now find yourself is very confusing and unusual. Remember you are a valuable member of the Hilbre team.

It is really important while you are at home that you do not spend all day in front of a screen making your way through all the work you have been set.

As a school we are advising you to **get up, get dressed and have a structure to your day**. Take some time out from your schoolwork to look after your wellbeing. This could be a physical, emotional, spiritual or social activity.

School would like you to get into the habit of doing a new type of homework. These types of activities could include just yourself, other family members or friends.

These activities could form great habits and routines while we are all in this period of staying at home to protect our loved ones.

The school has come up with some ideas for activities but feel free to do your own.

The activities can be used to fulfil **Boldness Pledge** Activities.

Activity ideas:

- Design and produce a “Daily Routine” poster- include school work, well-being activity, relaxing time, family time etc.
- Organise a workspace within your home and keep it tidy.
- Visit an online museum-find out 5 fascinating facts about an area of interest.
- Do a daily exercise routine inside the house and try and improve each time you do it (Joe Wickes daily routine).
- Find your board games and do a different one every day.
- Keep a diary every day and write about your feeling and what you have done.
- Get some fresh air daily and enjoy your surroundings safely.
- Discover a new skill such as cooking a new recipe, car maintenance, sign language course (british-sign.co.uk)
- Research a job you know nothing about.
- Keep a gratitude jar-each day write on a piece of paper what you are grateful for and when you feel stressed over the coming weeks empty the jar and read your positive thoughts.
- Keep a food diary and plan some healthy snacks.
- Write a short story starting: “Never in a million years.....” or “When this is over”
- Keep a sleep diary.

- Rediscover your senses-take 2 minutes-look out the window, what do you see, smell, taste and touch.
- Do a crossword or jigsaw.
- Send a thankyou email to a critical/key worker you know.
- Make contact with an elderly person and check they are alright.
- Tidy and elderly persons garden (ask them via phone).
- Join Hilbre Bookclub (details coming soon).
- Download and try a meditation/relaxation app on your phone.
- View the Hilbre High School assemblies that will be posted on the school website soon.
- Watch/access the positive mental health resources posted by the school nurse.

This list is a guide and we would love to see you try and share other activities. The internet is full of suggestions and ideas.

Remember you are all an important part of “Team Hilbre” and altogether we can enrich ourselves and those around us while keeping each other safe.