

# Mental wellbeing

Mental wellbeing is an important thing especially at a time like this. Its important to know that you can find yourself again. Many things could help like sleep, home workouts, spend time outside its could be anything that gives you “alone time” to help lockdown become more fun.



# List of things to do.

- Go outside for an hour
- Facetime family or friends
- Create something you love at home
- Have me time
- Play games with your family
- Learn a new skill
- Bake/cook
- Arts and crafts



Make sure during lockdown you have someone to talk to weather that's family, friends or emailing your teachers about how your getting on or any advice you need if you don't have anyone to talk to you could call child line if you think its that serious or have any further questions you could look on the NHS website and see if it says anything that could help.

