



## **Healthy Lives Daily Update with fun and healthy things to do!**

Wednesday 25<sup>th</sup> March 2020

The Healthy Lives Team want to support you with all aspects of health and wellbeing. So we will be sending you daily health and wellbeing advice that will be relevant whether you are at home with your children, working from home or in a school. Each day we will send you links to activities and resources that promote healthy living. We will be putting together information each day, so please do let us know if there is a topic you would like included. Please feel free to share this email.

### **WELLBEING TOP TIPS**



### **Wellbeing For Parents**

**Here are some top tips from Young Minds about how to support your own and your children's wellbeing:**

- Share worries and seek out support from friends and family
- Live a healthy lifestyle by eating well, exercising, having fun and getting enough sleep
- Stay well informed by finding out more about topics that concern them
- Never stop talking and listening to your child through good times and bad

<https://youngminds.org.uk/resources/school-resources/parents-wellbeing/>

## Wellbeing For Young People

If you are a young person now spending a lot of time at home, you might be worried about not spending time with your friends, losing time to prepare for exams or coping with family arguments. Whatever your situation, ChildLine are always available to support you. Here are some things you can do to make things easier:

### Talk to people

- You might not be able to speak to all the people you normally turn to for support. But it can help to talk to people at home, your friends online or to [Childline](#). Talking about what's happening and how you're feeling can help you realise you're not alone.

### Make time for yourself

- Take time every day to do something that helps you to feel good or proud. If you're not sure what to do, use the [Calm Zone](#) for ideas and tools to help you relax.

### Keep busy

- Being stuck at home can be boring and stressful sometimes, especially if you don't get on with your family. Staying busy with things like schoolwork or hobbies can help you cope.

### Look after your health

- Try to exercise if you can, and make sure you're [eating healthily](#) and getting plenty of sleep.

### Ask questions when you're not sure

- Whether you're worried about how to see the GP, what's going to happen in your exams or anything else it's important to [ask an adult you trust](#) about what you can do. If you normally get support and it's ending, it can help to ask about what else you can do while you're off.

### Make a routine

- Having time off can be great for a few days, but after a while it can have a big effect on your mood or things like your [sleep](#). Doing things like setting an alarm in the morning and keeping to a routine can help you to [take care of yourself](#).

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

## **FUN THINGS TO DO!**

**Fancy some high-brow culture! Well now is your chance, free of charge!**

- **Social Distancing Festival:** <https://www.socialdistancingfestival.com/>
- **Vienna State Opera Live:** <https://www.staatsoperlive.com>
- **Berliner Philharmoniker Digital Concert Hall:**  
<https://www.digitalconcerthall.com/en/home>
- **The Metropolitan Opera Concerts Stream:** <https://www.metopera.org>

## **NHS - Fitness**



### **Fitness videos from the NHS - Primary, Secondary and Parents**

Take your pick from 24 instructor-led videos across aerobics exercise, strength and resistance, Pilates and yoga. These workouts have been created by fitness experts Instructor Live and range from 10 to 45 minutes.

<https://www.nhs.uk/Conditions/nhs-fitness-studio/>

## **The Literacy Trust**



### **Free reading and writing resources, audiobooks, videos, competitions and reading challenges - Birth to Secondary School and Parents**

As a response to school closures, the Literacy Trust have developed a comprehensive web portal for parents, to support parents during this time. Over the next days, weeks and months they will be updating this as often as they can with new and useful content for parents. Split up by age group below, you will find ideas and guidance for simple activities

that will engage your children at home, while also benefiting their reading, writing and language development.

<https://literacytrust.org.uk/family-zone/>

### **DID YOU KNOW...**

...you can now visit many of London's museums online!

### **The Natural History Museum**



Find answers to your big nature questions and delve into stories about the Museum's collections, scientists and research. Uncover the history of life on Earth, from the smallest insects to the largest mammals.

### **Top Tip!**

Make sure you check out the Dino Directory! Discover facts, figures and images for more than 300 dinosaurs! From slow, plant-eating giants to fierce scavengers and hunters, dinosaurs once dominated the land. Search the alphabetical list, or explore dinosaurs by when and where they lived or what type they are by following this link:

<https://www.nhm.ac.uk/discover/dino-directory.html>

### **AND REMEMBER...**

*"Look up at the stars and not down at your feet. Try to make sense of what you see, and wonder about what makes the universe exist. Be curious."*

**Stephen Hawking**