

Think about Thursday – Connect



Staying well connected and sociable with people around us is good for wellbeing and mental health especially during isolation.

- Stay in touch with friends and family
- Adults might like to keep in touch with other adults on groups on social media.
- Stay connected to our **Coleshill Heath** Primary Facebook group. Request to join as this is a closed group for parents of the school.
- Children can **blog** and other pupils/staff can comment on their blogs
- Stay connected with our **School Dojo** system.
- Join us on Twitter **@nfowles5 @ColeshillHeath @lil_missteacher**

1

Connect with your emotions. Talk with your child about any worries they have, record them in a bubble and 'let go' of the worry.

Letting it go!

What are some anxious thoughts that you might need to let go? Write them down on the balloons and let them go!



2

Connect with your next door neighbor and play tennis over the fence. Make sure you wear gloves so you don't touch the ball.



3

Connect with your family and create a family karaoke night. Maybe set up your house as a restaurant too.

