



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 someone with an anxiety of yours or theirs. Talk together about what the anxiety is and then what the truth and facts are.

Anxiety vs Truth

When you experience anxiety, your mind might begin to race with thoughts that aren't always true. Anxious thoughts are often focused on the worst possible outcome. These can lead you to believe that things are worse than they actually are and that you are not capable of coping with it. In the thought clouds, write a few anxious thoughts that you are experiencing, then try to challenge those thoughts by identifying what is actually true about your situation.



2

Get a family member to record reading a story to create an audiobook. Older children may like to record their own audiobook for someone else. It is a lovely way to connect to people using their/your voice.

