



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence



Why not.....

Connect with our school

community by following our new Instagram account [@sea.wellbeing](#) to get inspired, share ideas and connect with the school community. Or follow the already established twitter account [St Edmund Arrowsmith Twitter](#)

Connect with our Catholic faith

St Oswald & St Edmund Arrowsmith Catholic Church now have a Youtube channel [rchurchesashton](#) that you can subscribe to and follow. What a fantastic resource!

Why not

Try some gentle

movement We often think 'being active' means exercising 'hard'. However sometimes just moving and stretching is what our body needs. Think back to that first stretch in the morning...bliss. Follow these links to discover yoga classes for teenagers [yogawithadriene.com](#) [Jaysea Devoe- energizing flow](#)

Why not

Create a self soothe box

[Young Minds video](#)
This is a box you can make that contains things that ground you, make you feel more relaxed and reduce stress levels. A little pick-me-up when you need it. Follow this link to find out [how-to-make-a-self-soothe-box](#). Such an amazing idea from Young Minds UK, we will definitely be doing this, share your ideas on our Instagram account.

Why not

Learn about the animals in

Chester Zoo The Science Department have been sharing links on Twitter and encouraging you to take part in the Virtual Days at Chester Zoo. Follow this link [OfficialChesterZoo](#) to their Youtube channel to subscribe and find out more.

Check your emails Don't forget to engage with the learning your teachers have set you.

Why not

Thank people by making them something

Follow [this link](#) to see how people all across the world have been thanking Healthcare workers. [Click here](#) to see how some pupils have been combining their baking skills with kindness by making care packages for their family and friends. In School the technology Department have been busy making Masks for our frontline workers [twitter.com](#) What could you do?