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| How to be kind to yourself  “Self-care is about ‘looking after yourself as a whole; emotional and mental health too”  Detailed in this worksheet are a few activities to keep your brain, body and emotional well-being alert during Isolation.  You can print this document and complete it daily or you can edit this word document, whichever you find easier. If you don’t have access to a printer or Microsoft word; feel free to make your own version to log your week. | | | | | | | | |
| SECTION ONE – Eat and Move  An important part of staying healthy revolves around what we eat and how we move. Although this may be more difficult than usual it’s still and important factor in staying healthy.  There are some tasks listed below:  Eating – we want you to try a new food every day for the next week **or** ensure you eat your 5-a-day!  Move – Take part in a minimum of 30 minutes of activity per day. We know this might be more difficult than normal but here are a few ideas: include this as part of your daily walk / cycle, you could help your parents hoover or dig in the garden, dance around your bedroom to your favourite song, have a kick about in the garden, bounce on a trampoline, or even create an obstacle course in the garden using household items (please ask an adults before using any items).  Keep track of your eating habits and activity below. | | | | | | | | |
|  | Thursday 23/04 | Friday 24/04 | Saturday 25/04 | Sunday 26/04 | | Monday 27/04 | Tuesday 28/04 | Wednesday 29/04 | |
| Eat |  |  |  |  | |  |  |  | |
| Move |  |  |  |  | |  |  |  | |
| SECTION TWO – Sleep, Relax and Breathe  Sleep - Getting enough sleep every night helps your brain and body function better. Lots of people are out of a routine at the moment due to the current climate so this week we would like you to ensure you set a bed time and go to bed at the same time every night as well as setting an alarm to make sure you wake up at the same time (some of you may already be doing this to complete school work etc.) This should help you feel more energised as the week goes on.  Breathe – A common relaxation tool recommended to many people are breathing exercises – take a few minutes out of each day to practice your breathing, inhale through the nose and out through the mouth to relax. There are even videos on YouTube that show shapes you can follow the rhythm of. | | | | | | | | | |
| SECTION THREE – Happiness  The next task we want you to complete during the week is the happiness task, list three things that made you smile this week.  e.g. you FaceTimed a friend / family member, your sibling, your favourite TV show, a book you’re reading, music etc. | | | | | 1.  2.  3. | | | | |