

TSHLC Student Wellbeing

WEEK 1- Try and complete the following wellbeing challenges.

CONNECT

Connect with friends.

Try and use video calling to connect with your friends and discuss what you have done this week.

BE ACTIVE

Be Active every morning @ 9am.

*Try to do **Body Coach** home work out at 9am.*

TAKE NOTICE

Take Notice

Identify 3 things of beauty you can see from your house and document it by photo.

KEEP LEARNING

Keep Learning

You Tube has a whole world of things to learn – choose something to challenge yourself: Drawing, language, instrument, craft!

GIVE

Give your TIME

The best gift is time- Call a loved one, perhaps a grandparent and really listen to what they have to say. Make it a weekly thing.

THOUGHT OF THE WEEK

NOT EVERYTHING IS CANCELLED

SUN IS NOT CANCELLED
SPRING IS NOT CANCELLED
RELATIONSHIPS ARE NOT CANCELLED
LOVE IS NOT CANCELLED
READING IS NOT CANCELLED
DEVOTION IS NOT CANCELLED
MUSIC IS NOT CANCELLED
IMAGINATION IS NOT CANCELLED
KINDNESS IS NOT CANCELLED
CONVERSATIONS ARE NOT CANCELLED
HOPE IS NOT CANCELLED

Quiz

1. What is the longest river in the world?
2. Can you step in the same river twice?
3. What was Monet's greatest painting?

Further Reading

<https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

TSHLC Parent Wellbeing

WEEK 1- Try and complete the following wellbeing challenges.



Connect with friends.

Get your daughter to teach you to use video calling to connect with her friends and discuss what you have done this week.



Be Active every morning @ 9am

Body Coach home work out at 9am on You Tube.



Take Notice

Identify 3 things of beauty you can see from your house. Did you choose the same things as your daughter?



Keep Learning

Discuss these questions with your daughter:

- Who is your hero and why?*
- Do you have a favourite movie?*
- What music makes you particularly happy?*



Give

The best gift is time- make time to read with someone, complete a task together or play a board game. Make it a weekly thing.

WELLBEING SERVICES

If your daughter does experience any problems over the coming weeks for whatever reason, or if she currently receive counselling in school. There are still services available to you via **Kooth, YoungMinds and Childline.** (Please refer to the Wellbeing Services advice sheet)

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