

TSHLC Student Wellbeing

WEEK 2- Try and complete the following wellbeing challenges.

CONNECT

Connect with friends.

Use technology to connect with your friends, have a set topic for discussion- a positive story from the news or perhaps a philosophical question!

BE ACTIVE

Be Active every morning @ 9am.

Try to do Body Coach PE workout at 9am.

TAKE NOTICE

Take Notice

Step out on to your balcony or garden – Standstill, pay close attention to something that you have not looked at closely before. Go inside and draw it.

KEEP LEARNING

Keep Learning

You can learn British Sign Language very quickly from YouTube. This is a fabulous skill to have in school, college and your future workplace.

Give

Give your TIME

Set aside a time to talk as a family. Discuss three positives you have experienced this week.

THOUGHT OF THE WEEK



Quiz

1. Who has the most amount of Olympic Gold medals?
2. What is time?
3. What sort of creature is a dingo?

Further Reading

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

TSHLC Parent Wellbeing

WELLBEING SERVICES

WEEK 1- Try and complete the following wellbeing challenges.

CONNECT

Connect with friends.

Your daughter is using technology to connect her friends to discuss a set topic- a positive story from the news or perhaps a philosophical question!

BE ACTIVE

Be Active every morning @ 9am

*Try to do **Body Coach** PE workout at 9am. – Can you keep up with your daughter?*

TAKE NOTICE

Take Notice

Step out on to your balcony or garden – Standstill, pay close attention to something that you have not looked at closely before. Go inside and draw it. – What did you choose?

KEEP LEARNING

Keep Learning

Discuss these questions with your daughter:

- What makes you laugh?*
- What subjects in school do you enjoy learning about?*
- Do you consider yourself more introverted or extroverted?*

Give

Give

Set aside a time to talk as a family. Discuss three positives you have experienced this week.

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)

THOUGHT OF THE WEEK

