

# re-connect

At this time it is essential families do all they can to support each other and find ways to maintain good physical and mental health.

This help sheet is a guide with some ideas for how you can keep routines in place, stay fit and active, eat well and keep a healthy mind.



# learning at home

It is important to maintain structure and routine for your child whilst schools are closed. The following 10 tips may help you maintain your child's health and wellbeing.

- Set times for getting up and going to bed for your child
- Have regular times for meals
- Build in time for fresh air and exercise where this is possible
- Structure your child's day so that they have variety of activities and break times
- Create a menu of activities that your child can do during the day
- Make a daily plan of activities and share these with your child the night before so that you and they know what is happening the next day
- Review the day's activities and talk about what they have done. A sense of accomplishment is important for children and young people
- Make Monday to Friday different from the weekend by structuring the activities along the same timings as a normal school day
- Decide when and for how long your child will have access to electronic devices and for what purpose
- Maintain contact with friends and family through technology

# physical activity

As part of the daily routine, set time aside for the whole family to get some exercise. This could be a walk, following the advice on social distancing, to get some fresh air.

Where the weather permits, use the back garden for more physical activity that will get the heart rate up and help maintain good levels of exercise.

There are many You Tube channels that can guide you through some activities, try something new:

- The Body Coach TV - P.E. with Joe starts Monday 23rd March
- Body Project - 25 minutes interval cardio workout from home

# healthy minds

Its equally important to maintain a healthy, calm mind at this time.

Mindfulness and yoga are great ways to unwind, switch off and find that sense of calm. Useful sites/ apps to help you are:

- Yoga With Adriene - YouTube Channel
- Headspace - YouTube channel and app
- The Mindful Movement - YouTube Channel

# healthy eating

Preparing meals together as a family is a great way to learn new skills in the kitchen and is another great way to re-connect as a family.

Plan some meals for the week and allocate a kitchen role for every family member to be involved. Once prepared sit down, enjoy your meal and chat about your day. Taking time together is essential for healthy minds so during meal times stay away from social media, mobile phones and any other forms of technology.

Some useful sites for meal time inspiration:

- Bosh.TV - Vegan YouTube channel
- BBC Good Food - [www.bbcgoodfood.com](http://www.bbcgoodfood.com)
- Jamie Oliver - [jamieoliver.com](http://jamieoliver.com)