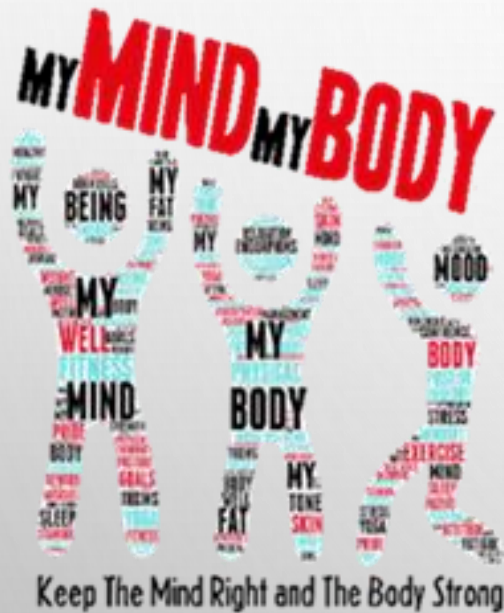




HOW TO LOOK AFTER YOUR WELLBEING



- AS NEWS ABOUT CORONAVIRUS (COVID-19) DOMINATE THE HEADLINES AND COLLEGE WILL BE CLOSING, WE WOULD LIKE TO REMIND YOU THAT TAKING CARE OF BOTH YOUR MENTAL AND PHYSICAL HEALTH IS VERY IMPORTANT
- YOU ALREADY KNOW AND UNDERSTAND ABOUT THE IMPORTANCE OF KEEPING BOTH YOUR MIND AND BODY HEALTHY.
- SO WE HAVE PREPARED SOME TOP TIPS TO KEEP THE MIND RIGHT AND BODY STRONG WHILST YOU ARE NOT IN COLLEGE.



I. REMEMBER THE 5 WAYS TO WELL BEING





2. KEEP ROUTINES IN PLACE



- ✓ Consistency and structure is key
- ✓ Get up, eat and go to bed at your usual times
- ✓ Try to ensure the daily routine mimics the same as a normal school day
- ✓ Take regular breaks
- ✓ Make sure you add physical activity into your routine
- ✓ Have a set timetable for the day and do not overload



3. BE CREATIVE

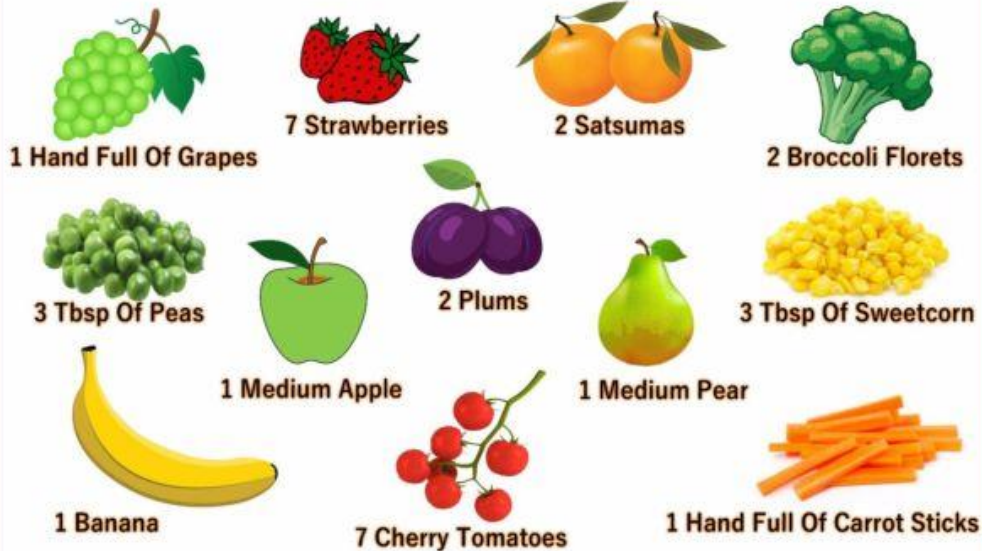


- ✓ Incorporate activities into your routines (puzzles or family games)
- ✓ Learn new skills — painting, baking, a new language etc.
- ✓ Build in activities which get you active and get fresh air
- ✓ Download a Zumba or yoga video off YouTube
- ✓ Follow Joe Wicks HITT and PE sessions



4. EAT WELL AND STAY HYDRATED

What Counts As My 5 A Day ?



✓ Try to eat your 5 fruit and vegetables a day

✓ Drink plenty of water



5. KEEP STIMULATED

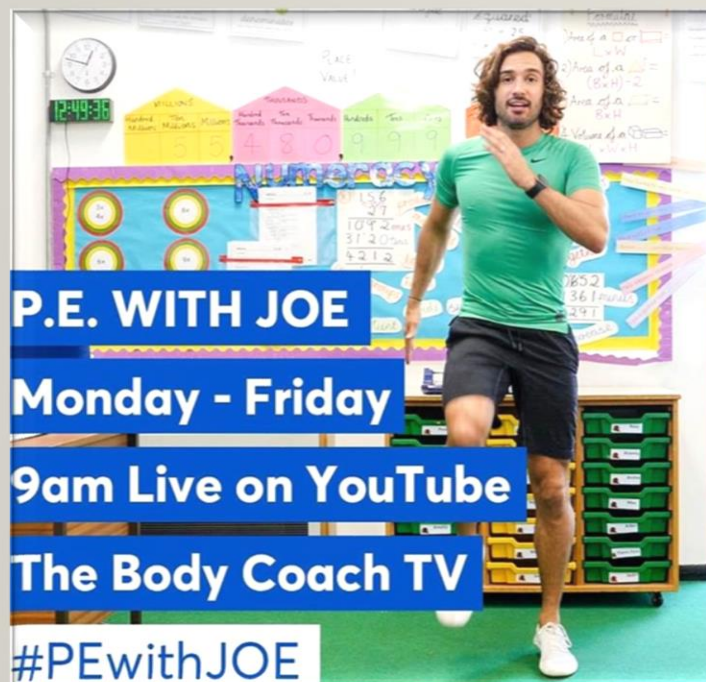


- ✓ Keep your brain occupied and challenged
- ✓ Complete schoolwork
- ✓ Do quizzes and puzzles
- ✓ Read books
- ✓ Be productive and set daily targets
- ✓ Stay connected with friends but have set screen times

LET'S READ.



PE WITH JOE: GET ACTIVE EVERYDAY





KEEP ACTIVE AND KEEP IN TOUCH

- ✓ Keep updated on Twitter — follow [wrirobPE](#)
- ✓ Check out the PE curriculum section on the colleges' website

