



DON'T PANIC!!

Coronavirus: How to protect your mental health



- Coronavirus has plunged the world into uncertainty and the constant news about the pandemic can feel relentless. All of this is taking its toll on people's mental health.
- Being concerned about the news is understandable, but for many people it can make their mental wellbeing worse.

HOW CAN YOU HELP YOURSELF ?

- Limit the amount of time you spend reading or watching things which aren't making you feel better. Perhaps decide on a specific time to check in with the news
- There is a lot of misinformation swirling around - stay informed by sticking to trusted sources of information such as government and NHS websites





- Self-care in the wake of the coronavirus outbreak includes **focusing on things you can control**, like having good hygiene instead of those you cannot like stopping the virus.
- Where possible, **maintain your daily routine** and normal activities: eating healthy meals, getting enough sleep and doing things that you enjoy.

TALK

- The fear of being out of control and unable to manage uncertainty is very common in times like these. Adults and children alike will have feelings of anxiousness at the moment, it is perfectly normal.
- Make sure you chat to your friends online if you can't meet up. Talk about your worries but also remember to chat about all the usual things you would do if you were in school or hanging out.
- Speak to people in your family about your worries. They will be going through it with you so will understand your frustrations about possibly being stuck at home longer than usual but they will also be able to talk through your anxiety about the situation.



The WHGS wellbeing team want to make sure you are all coping in these difficult times. Obviously, we aren't at school for you to drop in and see us as you normally would but below are some websites and helplines that may be able to help if you need support.

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

<https://chathealth.nhs.uk/important-info/privacy/>

<https://student.kooth.com/>

The above websites will also have contact numbers on should you need to talk to someone. Remember it is ok to feel anxious at this time but if you feel it is becoming overwhelming then please talk to someone!



FUN DAILY WELLBEING TASKS AVAILABLE AT WHGS:

CREATIVE CURRICULUM STAY AT HOME IDEAS

Thursday 26th March

DAILY VIDEO **DAY 4**

[Click Here To Play Video](#)

DAILY ACTIVITY

Day 4
Write down five things you are grateful for.

1 2 3 4 5

WELLBEING & MINDFULNESS

An idea to check out...
... Take a virtual tour of The Museum of London

DAILY QUIZ QUESTIONS

- 1) What is the biggest island in the world?
- 2) Who is the wife of Barack Obama?
- 3) What political party is Boris Johnson the leader of?

Today's Fun Fact
HIPPOPOTAMONSTROSQUIPP EDALOPHOIA is the fear of long words.

DAILY QUOTE
"It isn't where you came from. It's where you're going that counts."
Ella Fitzgerald

MANDALA COLOURING PAGE

LIFE SKILLS WELLBEING

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CREATIVE CURRICULUM STAY AT HOME IDEAS

Sunday 12th April

DAILY VIDEO **DAY 21**

[Click Here To Play Video](#)

DAILY ACTIVITY

Day 21
Play a card game or board game you haven't played in a while

GAME ZONE

WELLBEING & MINDFULNESS

An idea to check out...
... If you want to do more around wellbeing Check out the Art of Brilliance Podcasts, Videos and E-Books

DAILY QUIZ QUESTIONS

- 1) Which musical legend is Jay-Z married to?
- 2) Which British girl group had a member by the name of Mel B?
- 3) Which cartoon character lives in a pineapple under the sea?

Today's Fun Fact
The longest time that a place remained without rain was Africa, Oukil - from October, 1962 to January, 1975 - 14 years!

DAILY QUOTE
"If the world was blind how many people would you impress?"
Boonaa Mohammed

RUBIX CUBE ACTIVITY

Colour in a Different letter for each side
E.G.T

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CREATIVE CURRICULUM STAY AT HOME IDEAS

Wednesday 22nd April

DAILY VIDEO **DAY 31**

[Click Here To Play Video](#)

DAILY ACTIVITY

Day 31
Find three inspirational quotes and write them down

1 2 3

WELLBEING & MINDFULNESS

An idea to check out...
... love super hero's and yoga try COSMIC KIDS YOGA channel on YouTube

DAILY QUIZ QUESTIONS

- 1) What is the name of Bruce Wayne's butler in the 'Batman' franchise?
- 2) Name Snow White's seven dwarves
- 3) Is hallowai a bread or a cheese?

Today's Fun Fact
Our sun is over 2.5 million miles around at its equator.

DAILY QUOTE
"You get what you give."
Jennifer Lopez

Guess the 10 Disney Films

1. 🐼
2. 🐼
3. 🐼
4. 🐼
5. 🐼
6. 🐼
7. 🐼
8. 🐼
9. 🐼
10. 🐼

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FUN DAILY WELLBEING TASKS

WHERE TO FIND:

WS WHGS STUDENT SHARE

+ New ▾ ↑ Upload ▾ ↗ Share 🔗 Copy link ⬇ Download ⚙ Automate ▾ ↻ Sync

- BITC Travel and Tourism June 13, 2018 Ahmed Marikar
- Business Studies July 5, 2019 Ahmed Marikar
- Classics
- Computing
- Daily Challenge Fun Home Learning**
- Design
- Drama and Theatre Studies
- Economics
- English

Daily challenge sheets can be found on the Student Share Drive under 'Daily Challenge Fun Home Learning'

WHGS STUDENT ... > Documents > General > Daily Challenge Fun Home

| Name ▾ | Modified ▾ | Modified By ▾ |
|---------------------------------|------------|-----------------|
| 01-Day-1 - Daily Challenge .pdf | March 23 | Katrina Chester |
| 02-Day-2- Daily Challenge.pdf | March 23 | Katrina Chester |
| 03-Day-3-Daily Challenge.pdf | March 23 | Katrina Chester |
| 04-Day-4-Daily Challenge.pdf | March 23 | Katrina Chester |
| 05-Day-5-Daily Challenge.pdf | March 23 | Katrina Chester |
| 06-Day-6-Daily Challenge.pdf | March 23 | Katrina Chester |
| 07-Day-7-Daily Challenge.pdf | March 23 | Katrina Chester |

Activities:

- Treasure Hunts
- Colouring Activities
- Quizzes
- 'Fun At Home' Ideas
- YouTube clips
- Mindfulness Exercises
- Games & Puzzles