

Surviving Lockdown

Work your way through the next few slides to help you.....

- Understand what Lockdown means for you and your family
- Think about how you can pass the time
- Think about how to look after yourself and others

So what is Lockdown and why does it matter?

- I won't go through all the details, but see this news link to find out what the government announced on Monday 23 March:
- <https://www.bbc.co.uk/newsround/52006856>
- And why is this so important? Have you seen the 'bucket of water' explanation?
- <https://youtu.be/nl6tTwxzCi8>
- We are now at the stage where the water is about to overflow!

We can't keep doing this.....

Coronavirus: Seaside visitors defy social distancing advice

🕒 21 March 2020



Coronavirus pandemic



Shirebrook News Centre

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Mar 21 · 🌐 · We've had reports of groups of kids hanging around the usual places. Although we aren't in lockdown this will soon happen if people do not follow guidelines . These kids are not only putting themselves at risk they are running the risk of spreading the virus to others in our village. Parents take responsibility and keep them home. We need to work...



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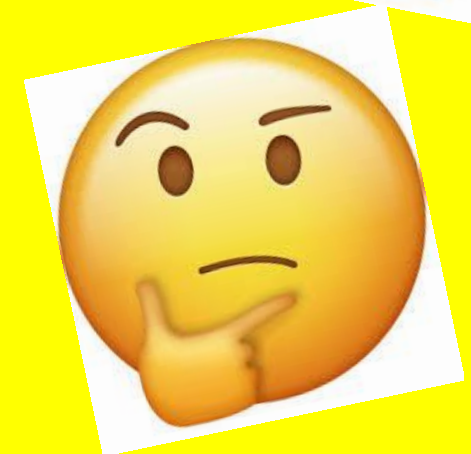
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Coronavirus: Police called to protect ...
thesun.co.uk

How you may be feeling....

- Everyone will have different ways of coping and showing their feelings at this time – this is normal!
- You may feel calm at times and then anxious at other times
- So what can you do to help yourself and others?
- <https://www.bbc.co.uk/newsround/51896156>
- See also the Personal Development 'Work for Closure' – we have given you a list of apps and some good website links for coping with stress



So, what to do at home?



Keep a regular routine –

- Get up and complete your school work keeping to a normal timetable if possible
- Email teachers if you need help with your work – staff are still here to help
- Give yourself some breaks and treats
- Try and break up your screen time

There are plenty of ideas online – choose things that you are interested in...

Ideas from around the world....

Dance!

<https://www.youtube.com/watch?v=gJmmQY6DpZ0>

Learn something new:

https://www.youtube.com/watch?v=YgrA9X3KS_g

A daily PE session...

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Take on a Taskmaster challenge:

<https://www.youtube.com/watch?v=DQ32Vahb1E&feature=youtu.be>

Work on a skill – even Messi can improve:

https://www.youtube.com/watch?v=qA72hUg_YIA

Help around the house – if she can do it, so can you!

https://www.youtube.com/watch?v=N_RiJ-W48pE

Keeping good relationships

- At this time when families are together more than usual, some stress and arguments are natural. Remember these key messages if things get a bit difficult at home
- Listen to others – try and understand their point of view
- Try and explain how you are feeling – try and stay calm
- Take time out – go and listen to music, stand in the garden, give yourself space to calm down
- Hug it out! Other people in your family will be feeling stressed too