



Well-Being Weekly



The Pinner Wood Community is doing a great job of supporting each other and their families. We must remember these are unprecedented times which are affecting the whole world. It is great to stay positive and keep busy, but it is just as important to allow yourself and your families time to express their emotions and relax. Here are a few nice links which we hope will help with this.

Parents– Take Time to Relax

These meditation apps could help to reduce stress and improve wellbeing, these are usually £60 but can now be accessed for free on the below links:

<https://www.calm.com/blog/take-a-deep-breath>

<https://www.headspace.com/covid-19>

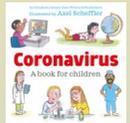
Focus of the Week: Managing Learning Time

Lots of parents have spoken to teachers about feeling overwhelmed when seeing their child's work when it is set at the beginning of the week. Remember, these activities are there to support your child. We do not want you or your child to feel stressed. Do as much as you feel is manageable. Focus on a little bit of English and a little bit of maths as a minimum.

In 'Small School' we complete DB Primary tasks from 9am-10am and from 1pm-2pm and the rest of the day is structured around exercise, art and crafts and having time to talk and relax.

Younger Children

It is important to talk about Covid 19 with children, however young. They hear what we say, notice what is on the TV and feed off our emotions. There is some lovely literature around, such as Axel Scheffler's book: https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf



Family– Treasure the Time Together



You could have a paper plane competition- As a family, design paper planes and see who flies the greatest distance!

Older children

Again, keep talking about the facts with older children and stress the importance of not being fooled by 'fake news' or spending too long looking at negative stories. You could encourage them to look once a twice a day at <https://www.bbc.co.uk/newsround#more-stories-2> and ensure they are not spending too long on social media (it is illegal for them to have an account under the age of 13).

Connect– Find an Excuse to Chat



Call, text, email, post a letter with some funny jokes! You could even write some in chalk on the pavement when you're out for a walk .

Sleep– Rest Your Body and Mind



A great way to unwind ready for sleep is to read to yourself. Once you are all ready for bed, grab a book or magazine and snuggle up. Even just looking at lovely pictures is very relaxing for our busy brains ... zzzzzzzzz

Exercise

Exercising outside once a day is key but you can exercise your body and mind inside through practising yoga.

<https://www.cosmickids.com/>

