



WELLBEING TIPS

FROM DYLAN THE DOG

MAKE YOURSELF A DAILY ROUTINE

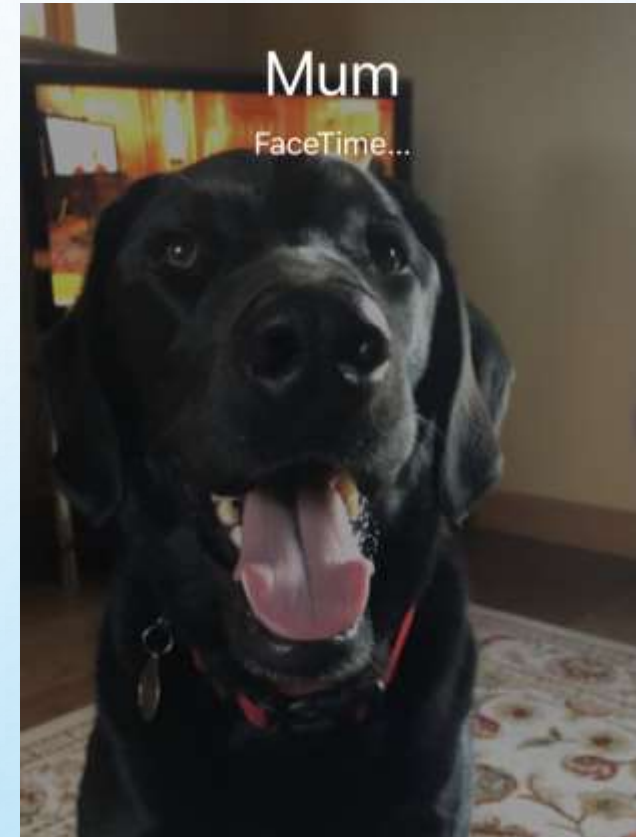
- I SUGGEST STARTING YOUR DAY BY GETTING UP AT A REASONABLE TIME AND COMPLETING A TASK ON GO 4 SCHOOLS, THAT WAY YOU KNOW YOU'VE DONE YOUR WORK FOR THE DAY.
- BELOW ARE SOME DAILY CLASSES YOU MAY WISH TO LOG ON AND JOIN ONLINE



9.00am - PE with Joe Wicks https://youtu.be/6v-a_dpwhro
10.00am - Maths with Carol Vorderman www.themathsfactor.com
11.00am - English with David Walliams
<https://www.worldofdavidwalliams.com/elevenses/>
12.00pm - Lunch (cooking with Jamie Oliver)
<https://www.jamieoliver.com/features/category/get-kids-cooking/>
1.00pm - Music with Myleene Klass
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ1>
1.30pm - Dance with Darcey Bussell
<https://twitter.com/diversedancemix/status/1241098264373592065>
2.00pm - History with Dan Snow (free for 30-days)
<https://tv.historyhit.com/signup/package>
4.00pm - Home Economics with Theo Michaels (Mon/Wed/Fri)
<https://www.instagram.com/theocooks>
Non-daily events include:
Science with Professor Brian Cox, Robin Ince & Guests
<https://cosmicshambles.com/stayathome/upcoming-schedule>

CONNECT WITH OTHERS

- IN ORDER TO KEEP MYSELF AND FRIENDS SAFE I CAN'T MEET THEM LIKE I USUALLY DO. HOWEVER, I CAN STAY CONNECTED BY FACE TIMING THEM OR USING SOCIAL MEDIA.
- BUT REMEMBER TO STAY SAFE WHEN USING SOCIAL MEDIA.



DO THINGS YOU ENJOY

WHAT MAKES YOU HAPPY?

AT TIMES LIKE THESE IT IS IMPORTANT TO DO THE THINGS WE ENJOY....



Chasing my ball



Gardening



Baking

TAKE TIME TO RELAX

- IT IS EASY TO GET OURSELVES STRESSED ABOUT SCHOOL OR THINGS GOING ON AROUND US. I TRY TO TAKE TEN MINUTES OUT OF MY DAY TO RELAX. WHETHER THIS IS THROUGH MEDITATION PLAYING SOME MUSIC OR A BIT OF YOGA MAKE SURE YOU HAVE SOME RELAXATION TIME.



GET A GOOD NIGHTS SLEEP



KEEP YOUR MIND ACTIVE

- WHETHER IT'S A JIGSAW PUZZLE, A BOARD GAME OR WORD SEARCH.
- DO SOMETHING TO KEEP YOUR BRAIN ACTIVE.



GET CREATIVE

Whether its painting, drawing or making a pop up card now is the time to get creative!

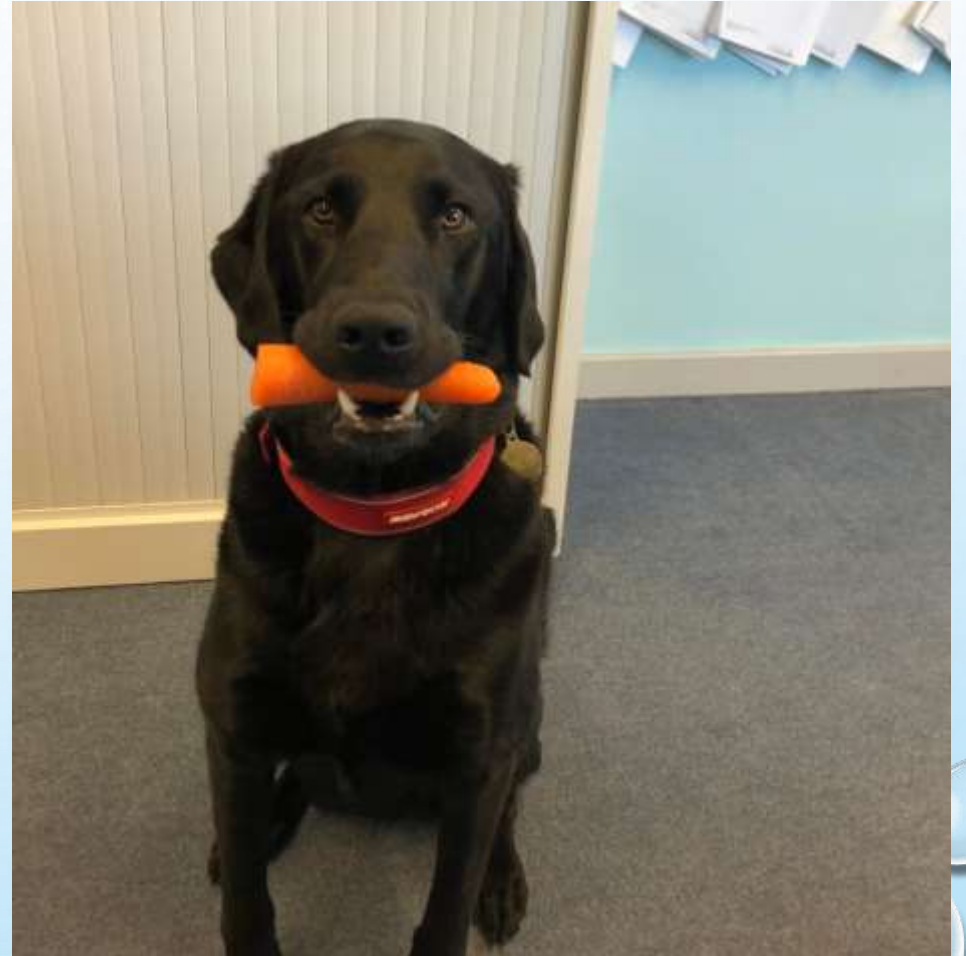


TALK ABOUT YOUR WORRIES

- WHETHER IT IS WITH A FAMILY OR FRIEND OR USING THE EMAIL –
SAFEGUARDING@ELIZABETHAN.NOTTS.SCH.UK
- IF YOU ARE WORRIED DON'T KEEP QUIET, SHARE THEM IT WILL MAKE YOU FEEL BETTER!

EAT RESPONSIBLY

When we spend a lot of time at home it easy to have lots of snacks throughout the day. I love treats but I make sure to only have one treat a day along with two meals (you need three). If I am feeling extra peckish I like to have a bit of banana. Why not have some fruit instead of more than one treat!



SPEND TIME WITH YOUR FAMILY

Stay at home is the clear message right now, so spend **SOME** quality time with your family! Remember to be kind.



The background is a light blue gradient with several realistic water droplets of various sizes scattered across it. The droplets have highlights and shadows, giving them a three-dimensional appearance. The text is centered in the upper half of the image.

**THE MOST IMPORTANT TIP...
FOLLOW MY INSTAGRAM
@READWITHDYLAN**