



The QEGS Student Guide to Coping with Lockdown



Containing helpful
information and top tips!

What Is this Guide About?

As you all know, schools across the UK have been told by the Government to close for the vast majority of students. In England, the current situation is that they will not reopen until after February half term. Although you will have contact with your teachers, form tutors and Heads of Year, this can still be a difficult time for everyone. Not seeing people face to face and not being able to meet up with friends and family is hard. A lot of you may have found the last lockdown difficult and the thought of a new one is not a pleasant one.

Please remember that school and all the staff are here for you and that we will do our best to support you and keep you safe. You can email your tutor, Head of Year or me (amartin@qegs.cumbria.sch.uk) if you need any advice or help during this period. This booklet contains some general tips and supporting information about coping with lockdown. There are also links to other agencies that are there to help you if you need support.

Very best wishes,

Mr Martin

(Assistant Head, Student Welfare)

What about my school work?

You need to check Edulink and your school email account regularly as teachers will send you work to do. They may put it on platforms such as Edmodo or Microsoft Teams but this will all come through Edulink.

Your teachers will set you work to do and you will have the opportunity to do some online lessons. Try to stay on top of the work set, but remember that if you are struggling to cope with the workload, get in touch with your teachers or form tutor. Equally, on the next two pages there are numerous websites and ideas that you can utilise to further your own learning if you have some free time and want to.

FREE online education resources

www.thenational.academy

An online school providing free access to a wide variety of online lessons and resources.

Khan Academy

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning

<http://www.bbc.co.uk/learning/coursesearch/>

Or <https://www.bbc.co.uk/teach>

A fantastic resource! No TV licence required except for content on BBC iPlayer.

Futurelearn

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name. (own account from age 14+ but younger learners can use a parent account)

Seneca

<https://www.senecalearning.com>

For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Openlearn

<https://www.open.edu/openlearn/>

Free taster courses aimed at those considering Open University but everyone can access it. Adult level, but some e.g. nature and environment courses could well be of interest to young people.

Blockly

<https://blockly.games>

Learn computer programming skills - fun and free.

Scratch

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming.

Ted Ed

<https://ed.ted.com>

All sorts of engaging educational videos.

National Geographic Kids

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo

<https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science

<https://mysteryscience.com>

Free science lessons.

The Kids Should See This

<https://thekidshouldseethis.com>

Wide range of exciting educational videos.

Crash Course

<https://thecrashcourse.com>

You Tube videos on many subjects.

Crash Course Kids

<https://m.youtube.com/user/crashcoursekids>

As above for a younger audience.

Tinkercad

<https://www.tinkercad.com>

All kinds of making.

Nature Detectives

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

Big History Project

<https://www.bighistoryproject.com/home>

Multi-disciplinary activities.

Geography Games

<https://world-geography-games.com/world.html>

Geography gaming!

Blue Peter Badges

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

The Artful Parent

<https://www.facebook.com/artfulparent/>

Good, free art activities

DK Find Out

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktnmpaxqZbkgu dD49I71ep8-sjXmrac>

Activities and quizzes

Please note that these are external websites and are not routinely screened by the school. We would ask that you use the appropriate caution when downloading resources to your computer or following links within web pages.

It is also worth remembering that reading a novel or a high quality non-fiction book is a very worthwhile learning activity in itself whilst also providing an opportunity for much-needed respite from current events.

Simple Top Tips for Self-Isolation Survival!

Keep things as 'normal' as possible; keep your school routine!

- Look after the basics first; eat regular meals, drink plenty of water, have regular showers and try to get enough sleep.
- Maintain a routine and continue as you would do at school- keep to your timetable
- Get up at your normal time-don't be tempted to sleep in- set an alarm!
- Some students may wish to put their uniform on. You may not want to do this but don't stay in your pyjamas!
- Use the time you save travelling to and from school productively- use this time for something you enjoy doing (art, music, exercise, reading, whatever helps you relax)
- Stay connected- Facetime or message friends after school to see what has been happening. Keep yourself up to date and involved!
- Keep in contact with your Form Tutor, Head of Year, Mr Munro our SENCO (cmunro@qegs.cumbria.sch.uk) Mr Martin (amartin@qegs.cumbria.sch.uk) or our Pastoral Officer. (jbreenen@qegs.cumbria.sch.uk)

The importance of exercise

Even if you don't want to go too far from your house, if you have a garden or outside area you should access it as much as possible to get out into the fresh air.

Some ideas-

- Set up a daily mile. Use 1 stride as a metre and mark out a route to follow. Complete the number of laps you would need for 1609 metres (1 mile). This can be done in a tiny or large area
- Complete an online workout- there are loads of work outs you can find on youtube. You can still access Joe Wick's work outs from the summer and he is starting them again on Mondays, Wednesdays and Fridays.
<https://www.youtube.com/user/thebodycoach1>
- Search youtube for workouts that you can do in a small space
- Research famous mountains and work out how many times you would have to climb the stairs to reach the top of the summit (try it over a week)

Keep up a good diet and sleep routine

- You should try to keep everything as 'normal' as possible. Keep to regular meal times and only have snacks when you would do at school.
- Don't be tempted to stay up later as you will soon be back in school so need to keep your routine.
- Avoid any screen time for an hour before bed.

Keep smiling

- In any spare time, you might get or in the evening watch something on YouTube/Netflix etc that makes you laugh.
- Download a podcast that will make you laugh or on an interesting topic.
- Speak to friends who make you happy.

Continue to look after your wellbeing

Hunt the Good Stuff!

good
things
happen
everyday

Every day awesome things happen, every day good things happen, everyday things happen that make us happy, sometimes things happen that make us sad, angry, frustrated and often we focus on these negative emotions and forget about all the good stuff. Even if you are having a really bad day and finding self-isolation difficult there is always at least one thing that will happen that is good!

Each day...write down 3 things that have happened today that have been good

- 1,
- 2,
- 3,

If you're feeling claustrophobic or trapped

- Open the windows to let in fresh air. Or you could spend time sitting on your doorstep, or in the garden if you have one.
- Try looking at the sky out of the window or from your doorstep. This can help to give you a sense of space.
- Regularly change the rooms you spend time in.

If you feel anxious or worried...

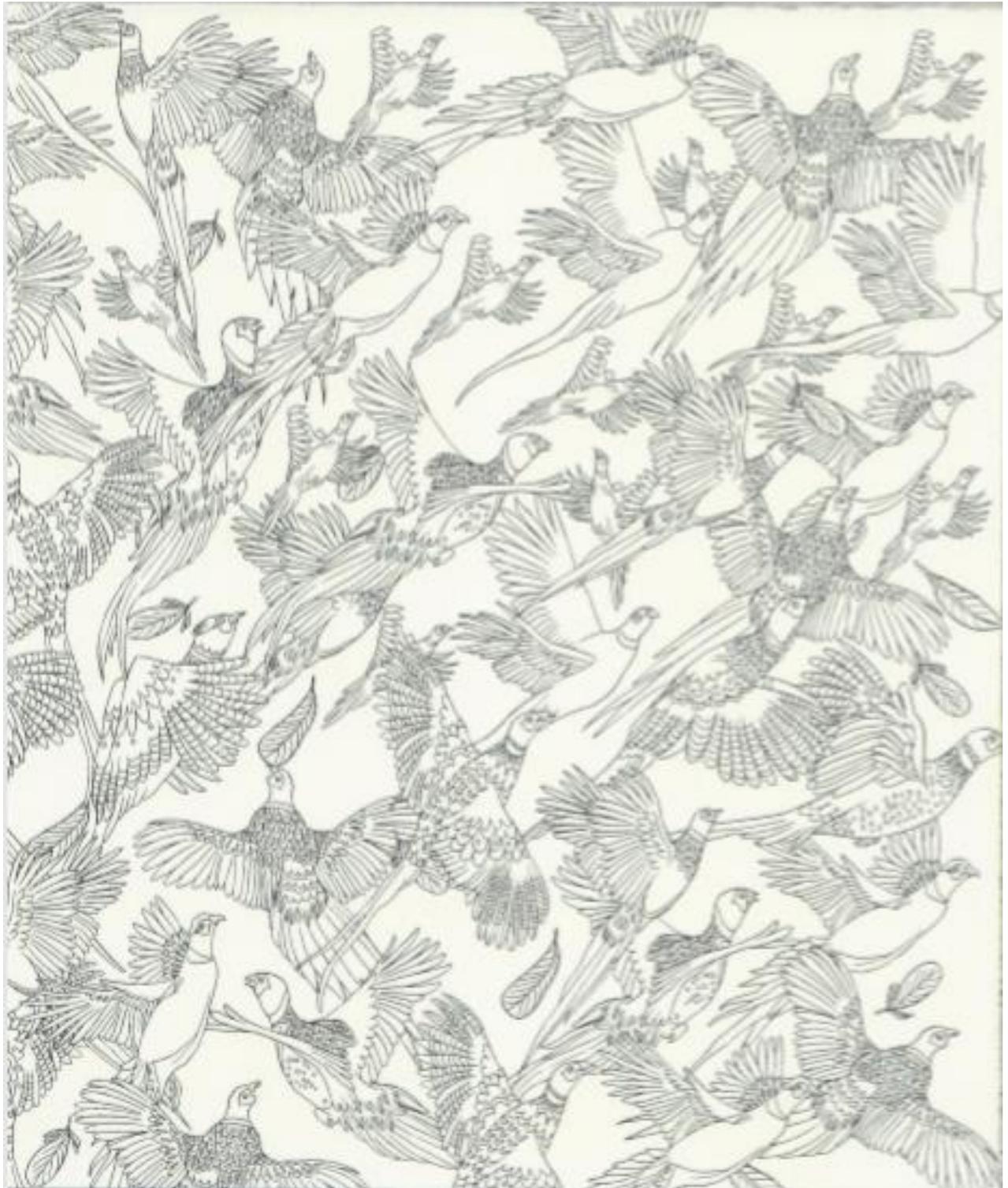
If you are feeling anxious or worried there are some little games to help distract you if you start to feel anxious. Use them to help you feel better, but try not to spend hours on them, to the detriment of other things.

<https://2048game.com/>

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

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

Take a break and do some mindful colouring

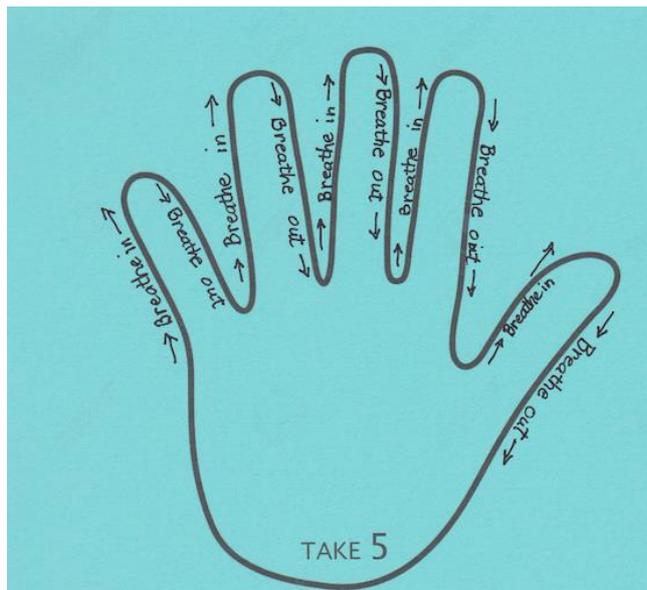




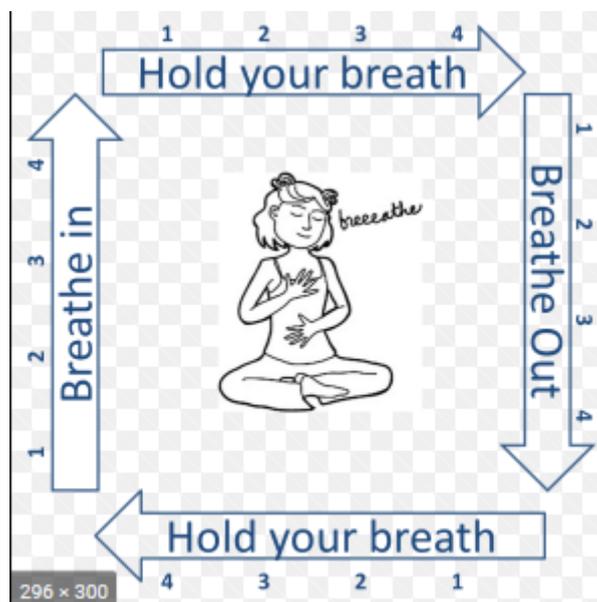
Keep calm...and breathe!

Try a breathing exercise to help you feel calmer

High Five breathing. Trace your hand as you breathe, starting at the bottom of one finger, breathe in as you trace up to the top, once at the top pause your breath as you round the top of the finger, then breathe out as you trace to the bottom of the finger. Repeat for all fingers on the hand.



'Square breathing'. There are many different versions but the easiest is to picture a square (like the one below). Take a breath in for 4 seconds on the way up one side, then hold your breath at the top for 4 seconds, then breath out as you go down the other side, then hold your breath again along the bottom



Stay Positive

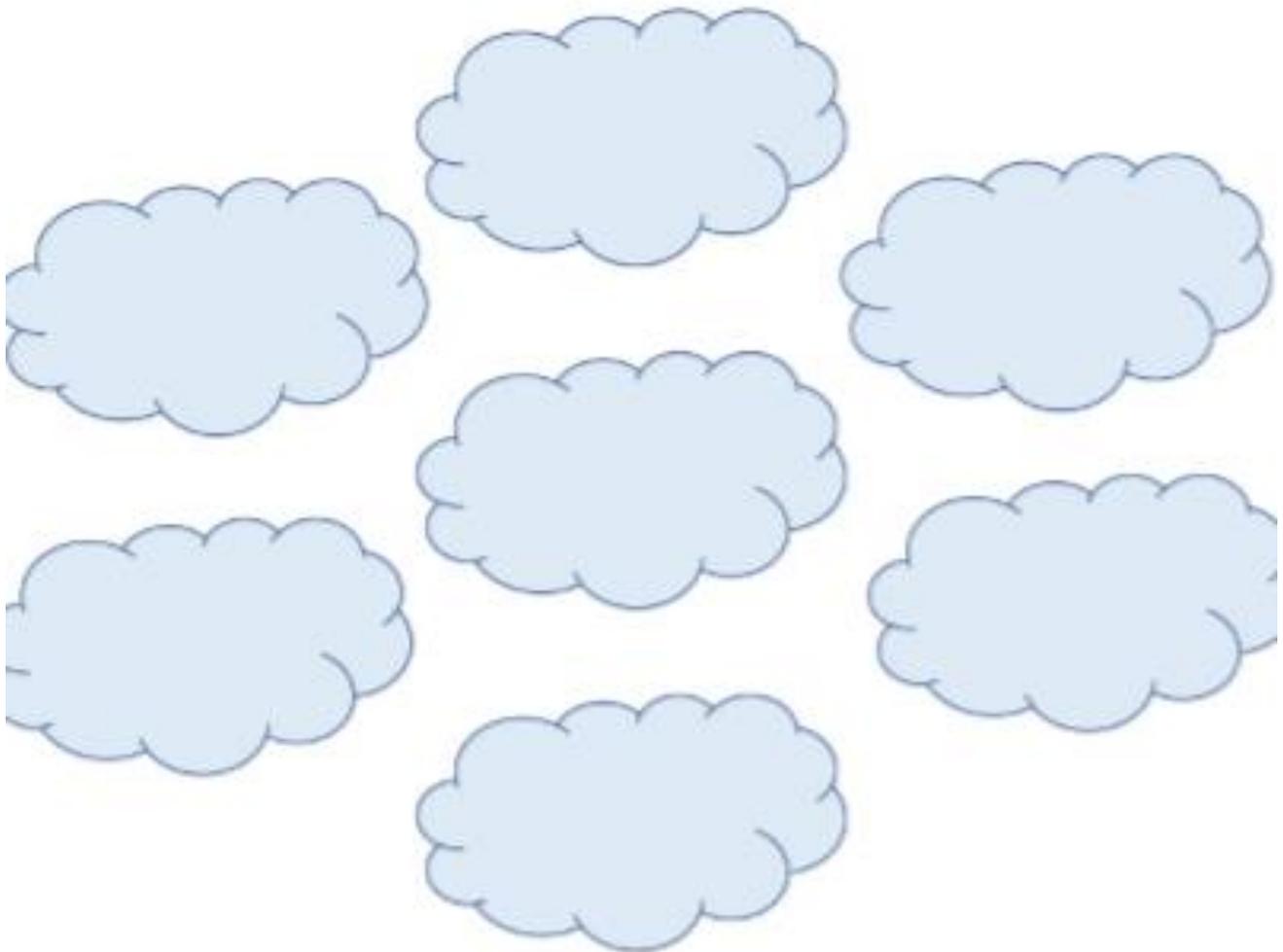
Try and keep positive, you may find it difficult so here are some activities that may assist you.

Counting Kindness

Sometimes we can find it easier to pay attention to the difficult things in our lives. This challenge encourages to be aware and alert to all the acts of kindness that also surround us.

In the bubbles below try to write down one of act kindness for each day this week. It may be something you see on tv, online, at home or even something you've done yourself!

e.g. a kind message from a friend, helping from a loved one, a positive news story



Think about sharing what you've noticed with your friends and family!

Positive affirmations

Being kind to ourselves is really important for our mental health and wellbeing. But sometimes we can find this hard to do. So, it can be helpful to practise celebrating the things we like about ourselves.

Positive affirmations are a great way to build our confidence and self-esteem by taking time to name the things we're proud of and that we like about ourselves. Each day this week try finishing the 'I am' statements below with kind words and phrases.

e.g. funny, a good friend, creative...

| | | | |
|---------|---------|---------|---------|
| | I am... | I am... | I am... |
| I am... | I am... | I am... | I am... |

Once you've made your positive affirmations try repeating them to yourself throughout the day and see how it makes you feel.

You could also put them in places you see a lot to keep reminding yourself of them e.g. over your bed, on the bathroom mirror or even as the background on your phone!

Be present...

MINDFUL BODY SCAN

1. START BY TAKING A FEW SLOW DEEP BREATHS.
2. NOW PAY ATTENTION TO YOUR FEET. NOTICE HOW THEY FEEL.
3. MOVE YOUR FOCUS TO YOUR LEGS. OBSERVE HOW THEY FEEL. YOU DON'T NEED TO TRY TO CHANGE ANYTHING.
4. CONTINUE YOUR SCAN, MOVING UP YOUR BODY. PAY ATTENTION, WITHOUT JUDGEMENT, TO EACH PART.
5. NOTICING AND ACCEPTING YOUR BODY EXACTLY AS IT IS, IS LIKE TUNING AN INSTRUMENT - IT MAKES EVERYTHING WORK BETTER.



Distraction Techniques

If you're feeling panicked, try to remember 5, 4, 3, 2, 1:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- Take 1 long, deep breath.

Count Your Environment

Focussing on the world around you can help distract you from anxious thoughts. Examples of counting can be:

- Counting the number of bricks in a wall, or number of ceiling tiles above you.
- Name as many words as possible beginning with the starting letter of your name.
- Count passing cars or people.
- Count backwards from 100.

Tense & Relax

When you are anxious you carry a lot of stress in your body. Using muscle relaxation techniques can lower your stress levels and help you to relax when you are feeling anxious.

Start with your feet and work upwards through your body. Tense and relax each area of your body five times. Pay attention to the feeling of the tension and stress collecting in your muscles and then evaporating as you relax.

Don't rush this exercise—it should take around 10 to 15 minutes.



Try
Mindfulness...Headspace
is a great App to start
with...

You are NEVER alone...

You will be back in school before you know it, but remember we are here for you even if we aren't in the same building. If you need to talk, you can ALWAYS email any of the people we have already mentioned

There are also lots of agencies that can help you in this difficult time.

YOUNG MINDS www.youngminds.org.uk

Support, information and advice about mental health and emotional wellbeing for young people.

[Young Minds also provide a telephone helpline for parents and carers: 0808 802 5544](tel:08088025544)

KOOTH <https://www.kooth.com/>

Articles, discussion boards and online counselling for young people.

CHILDLINE 0800 11 11 (free phone, 24 hours) www.childline.org.uk

If you are feeling down, stressed, anxious or lonely and want to talk to someone, free confidential help and advice is available for young people up to 19 years old.

SAMARITANS 116 123 (free phone, 24 hours) www.samaritans.org

If you are feeling lonely, struggling to cope or having suicidal thoughts

PAPYRUS 0800 068 4141 (Hopeline UK) papyrus-uk.org/

Non-judgemental support, practical advice and information to teenagers and young people up to the age of 35 years who are worried about how they are feeling or anyone who is concerned about a young person.

STEM 4 <https://stem4.org.uk/#>

Support for young people, their families and friends about coping with feelings of anxiety, depression, self-harm, eating disorders and addiction. Helpful apps and suggestions for dealing with change and developing resilience

THINK U KNOW www.thinkuknow.co.uk and **CEOP Internet Safety Centre**
www.ceop.police.uk/Safety-Centre/

Advice about staying safe, managing your identity, dealing with pressure, bullying or manipulative behaviour online.

BEAT www.beatingdisorders.org.uk

Beat is the UK's eating disorder charity: a guide and friend for anyone affected by an eating disorder and those supporting them. One-to-one web chat available or telephone Studentline 0808 801 0811 / Youthline 0808 801 0711 (Mon-Fri 12-8pm; Sat-Sun 4-8pm)

MERMAIDS www.mermaidsuk.org.uk

UK charity which has been supporting trans and gender diverse young people for over 25 years.

Helpline 0808 801 0400 (9am – 9pm) or text MERMAIDS to 85258 for free crisis support 24/7.

Counselling and support for young people about drugs, alcohol and smoking:

EARLY BREAK 0161 723 3880 (weekdays) www.earlybreak.co.uk

FRANK 0300 123 6600 www.talktofrank.com Text 82111

CADAS Non-judgmental advice and support for alcohol and drug users under the age of 18
<https://cadas.co.uk/young-people/>

Remember-Hunt the Good Stuff!

Tonight before falling asleep
think about when we will return to the street.

When we hug again,
when all the shopping together will seem like a party.

Let's think about when the coffees will return to the bar, the
small talk, the photos close to each other.

We think about when it will be all a memory but normality will
seem an unexpected and beautiful gift.

We will love everything that has so far seemed futile to us.
Every second will be precious.

Swims at the sea, the sun until late, sunsets, toasts, laughter.

We will go back to laughing together.

Strength and courage.

Pope Francis 2020



good
things
happen
everyday