WELL-BEING

LOG

During the current circumstances, it is especially important to take care of ourselves and both our mental and physical wellbeing.

Each day log how you are feeling, you can use one of the 5 faces provided. And, how physically active you have been using Emoji's or even a picture of the physical activities you have completed E.G running/walking.

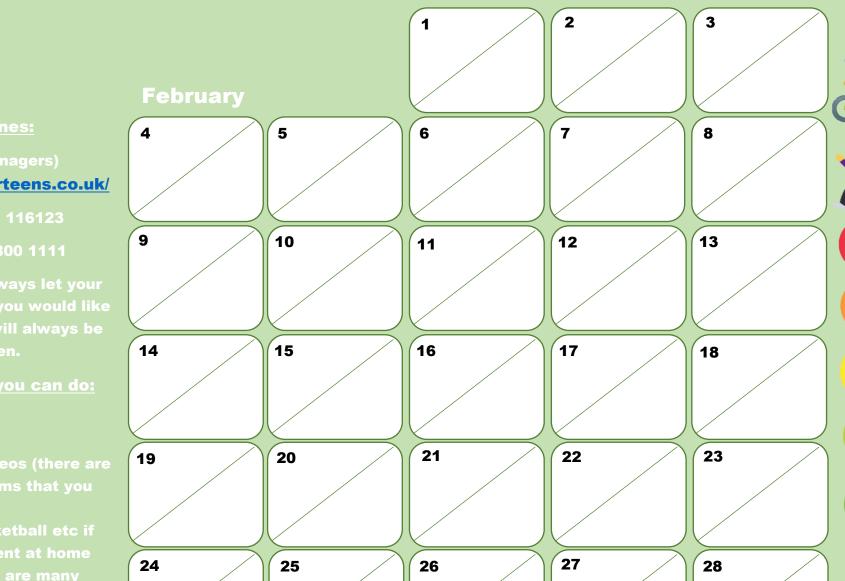




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WELL-BEING

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Need to talk (teenagers) https://www.healthforteens.co.uk/

LOG

- Samaritans Call: 116123
- Childline Call: 0800 1111
- Remember you can always let your teachers/tutor know if you would like to talk to them, they will always be there to listen.

Physical activities you can do:

- Walking
- Jogging
- Online fitness videos (there are some on your teams that you can do)
- Play football/basketball etc if you have equipment at home
- Challenges, there are many online E.G 1 minute sit up/mountain climber.