

# **Coronavirus and well-being**

## **General advice**

Below is some great advice and support for staying at home and taking care of your mental health and wellbeing. Click on the links in blue to find out more information.

[Coronavirus and your well-being](#)

## **Meditation and self-care**

Meditation is also a great way for children to regulate their emotions and help improve concentration and focus. Here are a couple of websites that may help:

[Kids meditation](#) – these sleep meditations will help kids who are struggling to get to sleep.

[Guided meditation for kids](#) – audio clips which provide guided meditation.

[Calm zone](#) – lots of activities, games and videos to let go of stress.

## **Healthy Eating**

It's important to eat healthily during lockdown. The following link has lots of free resources that teach children where food comes from and how to cook and eat healthily. There are lots of recipes for simple meals as well if you're struggling for ideas.

[Healthy Eating](#)

## **Mindfulness colouring sheets**

These colouring sheets can be very relaxing and calming. They are also very good at improving fine motor skills:

[Twinkl colouring sheets](#)

[More colouring sheets](#)

## **Self-esteem**

If children have self-esteem then they will be able to cope with mistakes and build their resilience. They will also have more confidence. Below is a link to a website that has lots of activities that you can do with your children and build their self-esteem.

[Self-esteem and character building for kids](#)

## **Lockdown diary**

Write down your feelings during lockdown by creating a diary. Print off the template below or just write on a piece of paper:

[Lockdown diary](#)