



Ideas and Advice during Self-Isolation

You may find yourself at home from school right now because you are having to self-isolate. For a short period of time you cannot leave your home, you won't be able to see your friends and some family members or go to school. This is to keep you, your family and friends safe. It is one of the guidelines that we have to follow to help prevent the spread of the virus - just like washing our hands, keeping a 2 metre distance and for some, wearing masks.



How do you feel?



You might be feeling happy or relieved to be at home for a couple of weeks and have plenty to do to keep busy. However, you might feel lonely, bored, frustrated or anxious/worried. Or you might not know how you feel. This is ok - we are all feeling very differently about things right now and this is very normal in such uncertain and confusing times. Everyone is adjusting to the changing rules right now and it can feel stressful and overwhelming - the important thing to remember is, however you feel you are not alone.

While you are at home, even for a short time it is really important to look after your well-being. There are lots of things you can do to help yourself feel a bit better, things to do to help the time pass a bit quicker if you're bored and people you can talk to for support and guidance.





ACTIVITY JAR

- With your child, think of some activities that you would like to do whilst they are at home isolating. These can be on their own or with you.
- Write them down on pieces of paper and put them in an empty jar or other container
- Every evening, at the start of the day or the start of the week (depending on how much planning ahead you like), ask your child to take out a piece of paper to decide what activity to do.
- Write the activity on the planner on page 3
- After each activity or during bedtime routine, talk to your child about whether they have enjoyed it or not.



Some ideas:

Baking

Play a board game

Yoga

Listen to Music

Dance to music

Colouring, painting, drawing

Make a card or write a letter to a friend or relative

Have a picnic (indoors or outside)

Puzzles

Reading

Plant something to grow indoors

Craft activity

Watch TV

Dress up day





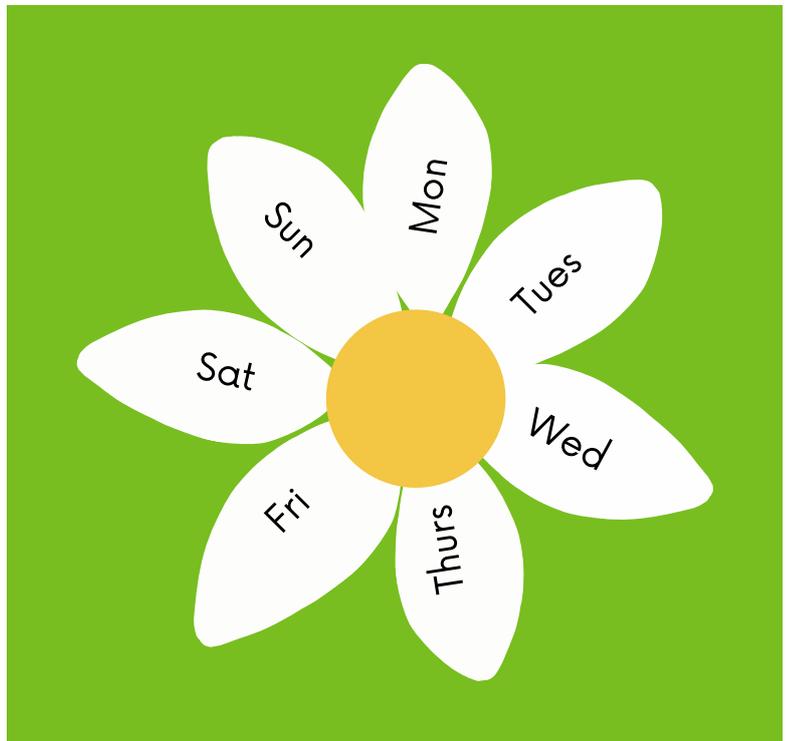
Dorset HealthCare University
NHS Foundation Trust

TODAY'S ACTIVITY

Did I enjoy it?



Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



How do I feel today?

Colour a petal each day to show how you feel.

<input type="checkbox"/>				
sad	happy	angry	worried	excited

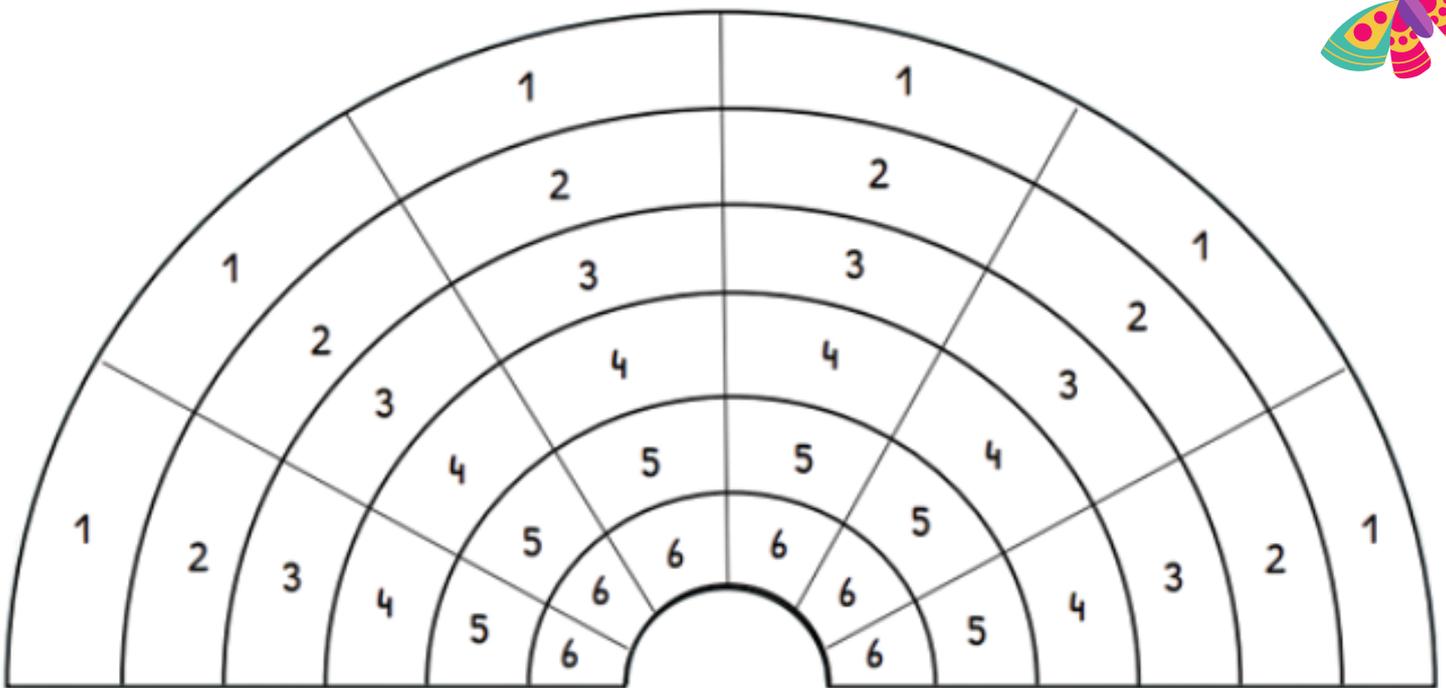
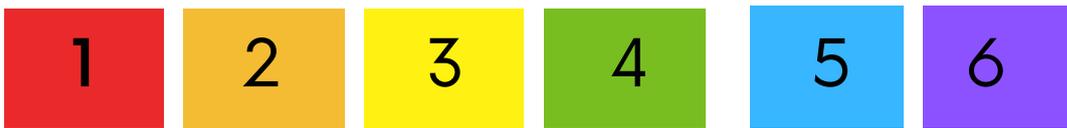




ROLL A RAINBOW

Can be played alone or with others.

Roll a die and find the number on the rainbow. Colour a section with that colour and watch your rainbow appear!





Websites with further ideas:



Wellbeing Through Sport

Activities to complete at home as a family which can be completed over several days or once a week. The 5 areas link to the 5 -a-day hand on page one.

<https://teammentalhealth.co.uk/wp-content/uploads/2020/03/The-complete-6-week-Wellbeing-Through-Sport-Activity-Programme.pdf>

 **Save the Children** Relaxation and other activities
<https://www.savethechildren.org.uk/what-we-do/coronavirus-information-advice/resources-parents-kids>

 **childline** Games, advice and Calming Ideas
<https://www.childline.org.uk/toolbox>

Here are some links for you and your parents/carers to look at if you feel like you need more information or professional help

www.place2be.org.uk
www.youngminds.co.uk
www.annafreud.co.uk
www.dorsetmindyourhead.org
www.rcpsych.ac.uk/mentalhealth
www.camhsdorset.org/young-people/looking-after-yourself

For help and support if you are worried:
<https://www.childline.org.uk/> or call 0800 111

