



Wellbeing
Week beginning: 22.6.20



VIRTUAL ARMED FORCES DAY 2020



Plymouth
Britain's Ocean City



<https://www.plymoutharmedforcesday.co.uk/>
27 June 2020

Now that we're in lockdown, sadly home is more dangerous than ever for some children. That's why we're supporting the @NSPCC who are still here if you need advice or support, or you're worried about a child or young person. Please call their helpline on 0800 800 5000 or email help@nspcc.org.uk. **NSPCC**

HM Government **NHS**

Plan your journey

Try to travel during off-peak hours to avoid busy times

STAY ALERT - CONTROL THE VIRUS - SAVE LIVES



WELLBEING WEBSITE LINKS

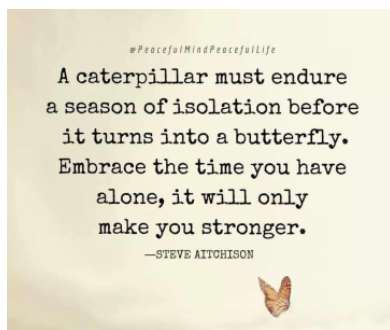
www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides

www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg

Free sleep app - <https://insighttimer.com/>

<https://elearning.creativeeducation.co.uk/courses/covid19-staying-mentally-well/>

<https://www.cwmt.org.uk/working-from-home>



COVID-19 isolation may cause tensions to rise and domestic abuse to increase. Help is available.

Who can help me? We can

YOU ARE NOT ALONE

WILD TIME Week 1

Can you stay wild while staying home? **CHALLENGE**

For daily exercise
Play a game of wild bingo.

Find some bluebells	Stand on grass with bare feet	See a bee collecting nectar
Jump off a rock	Watch & listen to the wind rustling branches on a tree	Find and draw the pattern on a plant
Locate a spider's web	Count 5 different species of bird	Feel sunlight on your face for 1 minute. Eyes closed!

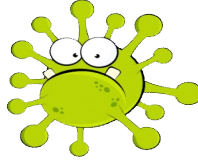
We'd love to see your challenge entries!

#wildtimechallenge
Insta - @thewildnetwork
Twitter - @wearewildthing
Facebook - The Wild Network

the **WILD** network

Coronavirus.....COVID 19

Information for Primary School Children



What is it?

A tiny germ we cannot see without a microscope.



What does it do?

It can make you feel very unwell you may have a bad cough and feel hot.



How do I get it?

The germ floats in the air (in water droplets) and we breathe it in.

The germ may be on surfaces that we touch and then touch our mouths and it gets into
our body.



How do we protect ourselves?

We can wash our hands with soap and water more often and for longer...try singing

Happy Birthday two times when washing your hands.

We can stay at home and only have contact with people we live with.

If we have to go out keep 2 metres (about the width of a large car) apart from other
people.

You might need to be tested to see if you have got the germ (COVID 19).

Who will test me?



The **test** is usually done by a Doctor or a Nurse. They will look different and might sound funny when they speak because they will be wearing a mask, apron and gloves.

Does the test hurt?

The test doesn't hurt the Doctors and Nurses are very good at doing them.

How will they test me?



They will use something called a swab (it looks like a cotton bud that you may have seen before). They will need you to open your mouth very wide and they will gently touch the back of your mouth (throat) with the swab then they will very gently put the swab up your nose and then it is all over. Mummy or Daddy will be with you so you can hold their hand.

Will they tell me if I have got it?



It **takes** a couple of days for the test result to be given to you. While you are waiting stay at home and stay safe.