

Looking after yourself



- **Connect with friends and family**
- **Be Active:** Take some time away from screens. Go for a walk or run. Find something at home you can do to help.
- **Take Notice:** Take a moment to reflect on what is going well. Focus on the things that you can control. Thank someone for something small.
- **Keep Learning:** Do your best to keep organised. Follow the timetable and check Google Classroom. Read and watch- it doesn't just have to be writing!
- **Give to others:** Smile, laugh, find the positives. Make a lovely gesture for a friend, family member or teacher. What do you appreciate about them?

If you are struggling, ask for help.
Speak to your tutor or log
anonymously via the website here:



Thoughts and Worries

Worried about a student/family from TEMA or something in the local community? Have your say