



Keeping healthy:

Ideas for keeping your family healthy and well during the coronavirus outbreak.



Staying healthy at home

Many parents and carers will now need to work from home while also caring for their children to help control the spread of coronavirus. Below are some useful suggestions for staying emotionally, physically and mentally healthy during this time. We hope this information provides you with some helpful ideas that you can adopt. For more ideas, sign up for our daily enews by sending an email to McGregorN@ealing.gov.uk with the words 'OPT IN' in the subject heading.

How to look after your family's health and emotional wellbeing during this time:



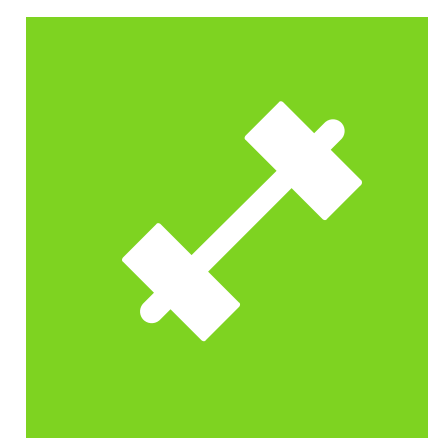
Eat right

Eating healthy meals will strengthen your immune system and boost your mood. Prepare meals that include: a variety of vegetables (fresh, canned or frozen); starchy foods such as potatoes, rice or pasta; and protein such as beans, fish, eggs or meat. Stay hydrated by drinking 6 to 8 glasses of water daily. Between meals, eat healthy snacks such as yoghurt, fruit slices, chopped vegetables with hummus, plain crackers, plain popcorn and rice cakes. Limit sugary snacks which can cause tooth decay, poor concentration and weight gain.



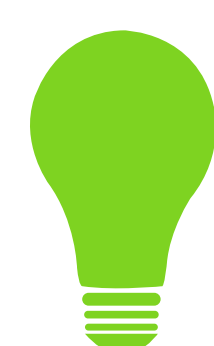
Top tips:

Get your children involved in planning and preparing meals. For recipe ideas that are quick, easy and healthy, visit the **Change4life** website. Encourage your family to start their day well with a breakfast of porridge, Shredded Wheat or Weetabix with fruit slices, milk and yoghurt.



Keep physically active

Physical activity, such as going for a walk or bike ride outside, will boost your immune system, improve your mood and reduce anxiety levels. Children and young people need to be physically active for at least 60 minutes every day and this can be spread throughout the day. If you are required to self-isolate, keep physically active at home with your family by dancing to music, doing yoga and following along with online exercise workouts. Housework and gardening is also a good way to stay active.



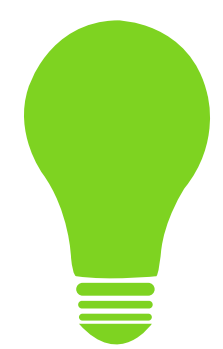
Top tips:

YouTube Kids and has a range of fun dance routines for kids including Zumba workouts. Kids can also keep active with **Disney's 10 minute shake-up games**, and **Disney Dance-Alongs**. Adults can try 500 free workout videos from **Fitness Blender** and **Les Mills**.



Create a routine

Map out a schedule with your child that includes time for learning, homework, meals, exercise, relaxation and bedtime. Use apps such as **Habitica** to schedule your activities. Start your day with a healthy breakfast and some physical activity (see activity ideas), followed by lessons with regular active breaks. If you are working from home, try working some time periods in a separate space to minimise distractions. After lessons, schedule in creative activities such as arts and crafts, reading or playing musical instruments. Limit your child's screen time and make sure your child gets to bed at their normal bedtime.



Top tips:

Your school will provide you with resources and ideas so your child can continue their learning from home. For additional ideas, kids can play fun, educational games on the **BBC Bitesize** website and watch curriculum videos on **BBC Teach**. **Timetable Rockstars** are currently offering free full access and ask your school for more ideas. After lessons, keep kids busy with arts and crafts (see **YouTube Kids** for craft ideas), boardgames, audiobooks, podcasts, books or ebooks from your library, or with a language app such as **Duolingo**.



Look after your mental health

If the news is making you anxious, limit the amount you watch and read to once a day and only read good quality information and advice on the virus at **GOV.UK**, **WHO** and the **NHS coronavirus** website. Stay socially connected with friends and family regularly on either social media, email, phone or video chat. This will be especially important if you need to self-isolate. Exercising and eating well will help manage stress and anxiety, and you can also try breathing exercises, yoga, meditation or mindfulness to help you stay calm and to relieve stress.



Top tips:

The **NHS Livewell** webpage has ideas for looking after your mental wellbeing, breathing exercises you can try to lower anxiety, and information on mindfulness. Use the **Pacifica** app to reduce your stress and anxiety, and for guided meditation, download the **Headspace** app. For more information on looking after your mental health, visit the **Mind** website, and if you are feeling emotional distress or are struggling to cope, call your local **Samaritans** for emotional support (children can call **Childline**).

Talk to your child

Your children will be hearing about coronavirus and may be feeling anxious. It is important that you make them feel safe, but be truthful and speak calmly and reassuringly. Give them space to share their fears and help them feel in control by giving them specific things they can do such as getting lots of sleep and washing their hands. Talk about what is happening to keep people healthy and regularly check in with your child and answer their questions.



Create your own sport challenge or fitness workout



Create your own sport challenge to test yourself and your friends

- Give your challenge a name.
- Please describe the movements.
- Specify the number of repetitions or the time for your challenge to be completed.
- Include a picture.

Plan your fitness workout

- Remember to include warm up, training activities and cool down sessions.
- Please specify the duration or the repetitions of each activity.
- Don't forget to add the rest periods between the exercises.
- Feel free to include a table or picture.

You can also video yourself demonstrating your challenge or workout you have created.

Please submit your sport challenges / sport workout to our PE department on PE@wessexgardens.barnet.sch.uk.

If you would like your photo/video to be shared on our Wessex Gardens Instagram account, please let us know and include the permission:

I, (your name), give permission for the attached photo/video to be uploaded to the Wessex Gardens Instagram account. I would like/not like my child's name, (child's name), included in the Instagram post.

Enjoy! Keep being active and happy!

Sport challenges

Challenge yourself with the following exercises:

<https://www.youthsporttrust.org/60-second-physical-activity-challenges>

<https://www.youthsporttrust.org/pe-home-learning>

Please submit your results, photos or short videos to our PE department at
PE@wessexgardens.barnet.sch.uk

If you would like your photo/video to be shared on our Wessex Gardens Instagram account please let us know and include the permission:

I, (your name), give permission for the attached photo/video to be uploaded to the Wessex Gardens Instagram account. I would like/not like my child's name, (child's name), included in the Instagram post.

You can also get inspiration for home workouts using the link below:

https://www.sportengland.org/stayinworkout#get_active_at_home

Enjoy! Keep active and stay safe!



60 Second Challenge Figure of 8

Do you believe in yourself and keep trying if you drop the ball?

The Physical Challenge

How many times can you pass a ball through both of your legs in 60 seconds?

If you drop the ball you need to pick it up quickly and carry on.



#StayHomeStayActive

Equipment

A ball

If you do not have a ball use a toilet roll or a cuddly toy.

Achieve Gold

35 times through your legs



Achieve Silver

25 times through your legs



Achieve Bronze

15 times through your legs



60 Second Challenge Bean Bag Throw

Can you focus, concentrating on the target?

The Physical Challenge

How many times can you throw a beanbag into a hoop in 60 seconds?

Stand 3 large steps away from the hoop. You need to collect the beanbag and return to the throwing line once thrown.



#StayHomeStayActive

Equipment

A beanbag and a hoop

If you do not have a beanbag or a hoop, why not use a pair of socks and a washing basket instead!

Achieve Gold

30 Throws



Achieve Silver

25 Throws



Achieve Bronze

20 Throws



60 Second Challenge Star Jumps

Can you maintain your technique even when you are tired?

The Physical Challenge

How many star jumps can you complete in 60 seconds?

Make sure you clap your hands above your head and bring your feet together.



#StayHomeStayActive

Equipment

Just yourself and enough space on the floor!

Why not compete against a family member?

Achieve Gold

60 Star Jumps



Achieve Silver

45 Star Jumps



Achieve Bronze

30 Star Jumps



60 Second Challenge Super Slalom Run

Can you try and run as fast as possible?

The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



#StayHomeStayActive

Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

Achieve Gold

20 Slalom Runs



Achieve Silver

18 Slalom Runs



Achieve Bronze

12 Slalom Runs

