



Enter to Learn, Go out to Serve

Looking after Yourself

- **Stay connected** - Being required to physically distance yourself from others doesn't mean you have to socially disconnect. Make time to stay in touch with friends and family through video chats, phone calls and messages. This is something that you can schedule into your breaks so that it doesn't distract your learning time.
- **Practice gratitude** - In times like this when many of the things that you love are being postponed or cancelled it's important to remind yourself of all the good things that you still have going on in your life. Think of 3 things each day and write them down or talk about them over a meal.
- **Be kind** - Being kind to others will not only have obvious benefits to the recipient of your kindness but will make you feel good too. Making others smile can be as easy as baking a cake for a neighbour, calling an elderly loved one who can't get out, picking some flowers for mum or letting someone go in front of you in a busy line.
- **Accept that some things are beyond your control** - there are things you can control (your attitude, being kind, looking after yourself) and things you can't control (how others react, how long this will last, what will happen next). Focus on the things you can control and let go of the things you can't.
- **Limit screen time** - You will be spending more time than usual on your computer as this will be an important learning tool for you during online learning. Because of this, it is important that you consciously limit screen time that isn't related to school work.
- Take time to relax. These 10-minute meditations are a great way to relax Take a Break!
https://www.youtube.com/playlist?list=PLgdxvG3UIbidz8n_I3rZdcAADnDJ6NFHO

- Go for a jog/run/walk
- YouTube: yoga, pilates, just dance
- Connect with a loved one
- Backyard: kick a ball, soccer, cricket
- Shoot hoops
- Ride a bike/skateboard
- Bake a cake or try a new recipe
- Play board games or cards
- Have a paper plane contest

- Do a jigsaw puzzle
- Paint or draw
- Bottle flip challenge
- Read a book under a tree
- Write a poem
- Send a friend a handwritten card with a nice message
- Set up a ninja warrior course in the backyard