

Well Being and Family Tips

Finding time to support each other and do things together will be invaluable for all the family. The importance of positive, face-to-face interactions cannot be underestimated.

Things that you might consider doing as a family...

- Read together and discuss what you are reading (see reading section)
- Talk with your child about their academic work
- Exercise together! (see exercise section)
- Play a board game together (chat as you do it - it isn't about the board game...)
- Play a computer game together (don't worry if you aren't any good at computer games - just do it together and be ready to laugh at yourself!)
- Cook together! [Jamie Oliver](#) has some great tips and recipes you could try. Jamie Oliver Keep Cooking and Carry on: <https://www.jamieoliver.com/recipes/category/books/keep-cooking-and-carry-on/>
- Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video): <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR1ctkAB-4F8FG8hsBgDV3b0h5wNcXFbFu7buxoriZgXY8DaJLOPVz9GwLg>
- National Theatre Live will screen a NT Play every Thursday at 7pm. They will be available to screen for the following 7 days, It starts on 2nd April with James Corden in One Man Two Guvnors LINK: <https://www.youtube.com/user/ntdiscovertheatre/featured>
- Explore the world's greatest landmarks, culture and arts with Goole Arts and Culture: <https://artsandculture.google.com/explore?hl=en>

Online Wellbeing Resources

Young Minds: Support and Advice if you're feeling anxiety about Coronavirus
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxiousaboutcoronavirus/>

Headspace: Free website + app which can be used to maintain good emotional health and well-being
<https://www.headspace.com/>

