



STAYING OK IN NOT SUCH OK TIMES

- **STAY CONNECTED:** Reach out each day to a friend in-between online Classes or after the school day. Share something that was good and something not so good.
- **BE ACTIVE:** Even in the cold leave the house to breathe some air, look at a tree or the sky, move your body: 10 minutes Yoga with Adrian:
<https://www.youtube.com/watch?v=Td6zFtZPkJ4>
or a Joe Wicks full body workout:
<https://www.youtube.com/watch?v=4dPXtS1aUII>
- **TAKE NOTICE:** of the small things that usually go unnoticed. A nice bath, the smell of cooked food, the colour of the sky, a message from a friend that makes you smile.
- **KEEP LEARNING:** Where did you feel switched on in your learning today? What do you know now that you did not before. What are you learning about yourself in these times?
- **GIVE:** Your time, love, energy to someone else. Help around the house a little more. Offer support to an shielding neighbour, call a relative you know is alone or a friend who has poor mental health. A little kindness goes a long way and makes you feel good too.

**“IT IS NOT HOW WE LIVE IN THE
LIGHT THAT ENLIGHTENS US, IT IS
HOW WE LIVE IN THE DARK.” —
RUNE LAZULI**