

Dear Students,

These are exceptional times and we may feel the need to talk to a trusted adult to ask a question or share our worries, thoughts or concerns. If you have any concerns or worries about the coronavirus, the link below may help to answer some of the questions you may have. There are some great tips on how to keep yourself physically and mentally well!

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Below are also some telephone lines safe to call and websites to look at for advice over issues which might be on your mind.

Phone numbers:

LOTTY Text 07375 669869

CHILDLINE 0800 1111

Websites:

- Kooth.com
- <https://www.otrbristol.org.uk/>
- <https://www.childline.org.uk/toolbox/calm-zone/>
- <https://www.mind.org.uk>
- <https://youngminds.org.uk/find-help/get-urgent-help/>
- <http://mindfulnessforteens.com/guided-meditations/>
- (<https://bristolmind.org.uk/mental-health-resources/lotty-helpline-for-young-people/>)
- Newsround Specials, Inside My Head: Taking Control of My Anxiety: www.bbc.co.uk/iplayer/episode/m000f3gl via @bbciplayer
- Young Minds and Anxiety on YouTube: <https://youtu.be/mprhaMRz5PU>
- <https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself/Anxiety>

Apps:

- Metwo
- Mindshift
- Calm
- Rain Rain - calming sounds from nature
- ChillPanda
- SAM



Do not be dismayed by the brokenness of the world.
All things break. And all things can be mended.
Not with time, as they say, but with intention.
So go. Love intentionally, extravagantly, unconditionally.
The broken world waits in darkness for the light that is you.

L. R. Knost



Lastly....

Something to while away the hours...

<https://kids.frontiersin.org/>

<https://www.crayola.com/crafts/>

<https://www.crayola.com/free-coloring-pages/>

Get to know about wildlife- what can you spot?

<https://www.wildlifewatch.org.uk/spotting-sheets>

What is that insect called?

[gardenhttps://www.buglife.org.uk/bugs/identify-a-bug/](https://www.buglife.org.uk/bugs/identify-a-bug/)

Identify that bird with https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/?utm_source=homepage&utm_medium=d_and_e#bird_id

Borrow audio books from Bristol libraries via <https://www.borrowbox.com/>

Use your time to get active, fit and flexible with NHS guidance

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

Some activities for Lent.....

<https://www.twinkl.co.uk/resource/amp/40-days-of-lent-kindness-jar-craft-instructions-t-p-692#click=https://t.co/1ealDO39uE>