

5 ways to wellbeing

during the Coronavirus epidemic



1

Connect

Try to stay connected to friends and family.

You can play a game or watch a film with the people you live with.

Stay in touch with people on social media. Remember to only talk to people you know.

Use video calls or chat while gaming online.

Links:

www.childnet.com
www.thinkuknow.co.uk
www.antibullyingalliance.org.uk

2

Healthy

Try to get out every day – walk the dog, ride a bike.

You can try PE classes, dance lessons or yoga sessions online

Have a plan for your day. Get up and go to bed as usual, shower and get dressed in the morning and turn off electronic devices before bed.

Drink water and try to follow a balanced diet.

Links:

www.youtube.com
 – 'thebodycoach'
 – 'otimabuseofficial'
www.youngscot.org
www.sleepscotland.org

3

Learning

Your teacher will set you some school work to keep your brain active.

You can read for fun, research something you are interested in or do a virtual activity like visit a zoo online.

You can learn a new skill. Ask an adult at home to teach you baking, sewing, gardening or DIY.

Links:

www.themathsfactor.com
www.bbc.co.uk/bitesize
www.worldofdavidwalliams.com

4

Be Creative

Express yourself and have fun. Play games, make music, draw, paint and make things.

You can write about your experiences – some people are creating time capsules to record what is happening now. Others are taking on the 30 day Lego challenge.

Links:

www.companythree.co.uk
www.mylockdowndiary.com
www.facebook.com/longcreations

5

Take notice

This is a strange and confusing time. You might have a range of emotions like anxiety, anger and boredom. All of these are normal. Sharing how you feel can help you connect to other people.

It can be helpful to take time to notice what you are feeling. If you are feeling overwhelmed it's OK to ask for help.

Links:

<https://mideps.edublogs.org>
www.mypas.co.uk
<https://midspace.co.uk/service/young-people-and-families>
 CAMHS <https://bit.ly/CAMHSCOVID>

Even in these strange times there is lots of support and help. If you need to talk contact:

Childline
0800 1111

www.childline.org.uk

Call or use their 1-2-1 messaging chat if you are sad, worried or unsafe 9am-midnight

Shout
85258

www.giveusashout.org

Free text service if you need someone to talk to. 24hr a day, every day

Listening line
0131 271 3834

Talk to someone local. Mon-Fri 10am – 4pm

Parentline
08000 28 22 33

www.children1st.org.uk

If parents need advice Mon-Fri, 9am – 9pm Sat-Sun, 9am – noon Also www.youngscot.org or www.parentclub.scot



Midlothian Health & Social Care Partnership

