

Hello, how are you feeling?

I have been thinking about everyone being at home and have missed seeing you in school. Here are some ideas for you.

Coronavirus has caused a lot of sudden changes and for most of us, our lives have changed a lot. The activities or routines we are used to have stopped.

It's sometimes easy to feel like our days are aimless and it's okay if you're feeling this, you are not alone.

I find that by trying to get into a routine each day, it helps keep my mind occupied. Routine and structure can help at a time where there's some uncertainty, and doing the same activities each day can help create a comfortable, familiar space for us.

But remember, it's okay to not do everything on your 'to do' list, every day. You may feel different on different days.

Have you tried any of these?

Your parents or carers might be able to help you safely see your friends on line. Please make sure you ask them to help you with this. Even though we can't spend time with our special people in person, we can still see them and chat.

They will LOVE this too.

Doing some exercise is always **GOOD GOOD GOOD** for your body and mind. Look up Joe Wicks on YouTube. He does a 20min PE workout on Mondays to Fridays – he's funny and you will never have done PE like this before!

Reading – all those books that you've not looked at for a long time. Some of the 'greats' from when you were younger and of course, any new books you might have or can borrow. Find a cosy spot on your bed or on the trampoline or on the sofa, curl up and enjoy a good story.

Have a change of scene – lets go for a walk! Getting out does make us feel better and although we must remember to keep to the social distancing advice, it makes us feel 'lighter' and happier to have gone outside for a walk or a bike ride.

It's really hard for us not to be able to see our friends and family, and that is the same for all of us. This time of isolation will come to an end, and so remember that this is not for ever.

If you have any questions about what is going on at the moment, ask ask ask! Adults will be able to chat to you about the information that is given out on the news. Your parents or adults at home can also help you to message your teachers, using their emails addresses.

I look forward to seeing you soon
From Mrs Judge