

Top Tips

1. Self-care – this is the most important one, Look after your basic needs so try to SLEEP well, EAT well and get outside once a day (appreciate the sunshine while it lasts!)
2. Try to avoid COVID-19 related news/media. We all know it's going on and it isn't worth constantly reading about it. Just follow the guidelines from the World Health Organisation, for what you should and shouldn't be doing.
3. If you have symptoms, please don't go to Dr Google, just visit the 111 website. Just remember it is likely you will be okay even if you have symptoms.
4. Try to forget what you can't do and think about what you can. You've unlocked a load of free time so it's a great opportunity to use it and think of new ways to do things.
5. Let's do things we maybe haven't done for a while: read, have a clear out, find a new hobby, colouring, and exercise (Joe Wicks PE sessions in the morning are great).

Contact Us



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A collage of images and text. At the top right is a photo of four people in orange safety gear climbing a tree. Below it is a word cloud with words like 'GROW', 'LEARN', 'LEAD', 'STRENGTHS', 'EQUALITY', 'SOCIAL ACTION', 'SKILLS', 'EMPLOYMENT', 'ACHIEVE', 'INSPIRE', 'ADVICE', 'GUIDANCE', 'INFORMATION', 'AMBITION', 'SUCCEED', 'FUN', 'LEARN', 'LEAD', 'SOCIAL ACTION', 'SKILLS', 'EMPLOYMENT', 'ACHIEVE'. To the right of the word cloud is a photo of a group of people in a classroom setting. At the bottom is a box with the text 'Essential Skills for Life Support Pack' and a logo of four interlocking puzzle pieces in red, blue, green, and yellow.

Essential Skills for Life

Support Pack



Essential
Skills for Life

Top Tips Continued

6. Look after your mind!! Let's try yoga, mindfulness apps (see other side of leaflet) and sleep as much as you can at night.
7. Keep your sense of humour, smile even if it feels fake, it will still make you happier and other people :)
8. Stay in contact. This is an amazing time to try out video calls, random online games and have fun with your friends online. Call others, they may be finding this difficult or lonely too, let's connect and reconnect.
9. Try to create some form of routine, getting up at a good time, this is a chance to get creative with your day, set aside some time for everything, this will really help you enjoy the time we are off best.
10. It's okay to be struggling, it's ok to ask for help (please ask us if you need anything or want a chat) and it's okay if you feel like anything above is too difficult. You know you best!

Helping you with your Education

Keep a routine since changes in routine can be stressful, it will be helpful to structure your daily routine. Create a daily schedule that can hang on your wall, somewhere you and other can see it each day. Be sure to include breaks from screen or schoolwork to relax and connect with each other. Here are some ideas.



- Breakfast.
- Check In With Friends.
- Joe Wicks PE Session.
- First Subject To Study in the Morning.
- Break & Chat with Family in the House, Or Friend Online.
- Second Subject or New Hobby – make Each Day Different.
- Lunch Break – If Possible Make This Your One Outing Out For Exercise – SOCIAL DISTANCE.
- Choose Your Favourite Subject To Study In The Afternoon, Or Prepare The Family Meal?
- Catch up with friends – see the activity suggestions.
- Dinner & Discuss the Day.
- Top 30 Family Favourite Movies!
- Stick with Normal Bedtime Routines.

Useful Links and Apps

Education

<https://www.homeschooling-ideas.com/home-school-ideas.html>

<https://www.sciencemuseum.org.uk/games-and-apps>

<https://www.bbc.co.uk/bitesize/levels/z4kw2hv>

<https://www.mymaths.co.uk/>

<http://www.mrbartonmaths.com/index.html>

Mental Health

<https://www.nhsinform.scot/self-help-guides>

<https://www.kooth.com/>

<https://www.mind.org.uk/>

<https://www.moodjuice.scot.nhs.uk/>

<http://chums.uk.com/>

<https://www.getselfhelp.co.uk/>

Apps



Silvercloud – Supports with wellbeing, stress and relaxation



Mindshift – Anxiety support



Breathr – Mindfulness and relaxation