Surviving lockdown....

**UK ON LOCKDOWN**

Boris Johnson unveils unprecedented measures to tackle coronavirus

**ONLY LEAVE HOME:**
- To buy food and trips should be as infrequently as possible.
- For medical reasons or to care for vulnerable people.
- Travel to and from work if it is absolutely necessary.
- Carry out one session of exercise a day, such as running, walking or cycling.

**BANS HAVE BEEN IMPOSED ON:**
- Meeting friends or family members who live elsewhere.
- Gatherings of more than two people in public, except members of the same household.
- All social events, including weddings, baptisms and other ceremonies.

**OTHER MEASURES INCLUDE:**
- All non-essential shops to close down.
- Playgrounds, outdoor gyms, and places of worship will also shut.
- Parks will remain open for exercise but gatherings will be dispersed.
Surviving lockdown....

Work your way through the next few slides to help you.....

• Understand what Lockdown means for you and your family.
• Think about how you can pass the time.
• Think about how to look after yourself and others.
So what is Lockdown and why does it matter?

I won’t go through all the details, but see this news link to find out what the government announced on Monday 23 March: https://www.bbc.co.uk/newsround/52006856

And why is this so important? Have you seen the ‘bucket of water’ explanation? https://youtu.be/nl6tTwxzCi8

We are now at the stage where the water is about to overflow!
We can’t keep doing this......
How you may be feeling….

• Everyone will have different ways of coping and showing their feelings at this time – this is normal!
• You may feel calm at times and then anxious at other times
• So what can you do to help yourself and others?

• [https://www.bbc.co.uk/newsround/51896156](https://www.bbc.co.uk/newsround/51896156)
How you may be feeling....

• Keep a regular routine; get up and complete your school work keeping to a normal timetable if possible.
• Email teachers if you need help with your work – staff are still here to help.
• Give yourself some breaks.
• Try and break up your screen time.
• There are plenty of ideas online – choose things that you are interested in...
Remember to be kind….

At this time when families are together more than usual, some stress and arguments are natural. Remember these key messages if things get a bit difficult at home:

• Listen to others – try and understand their point of view.
• Try and explain how you are feeling – try and stay calm.
• Take time out – go and listen to music, stand in the garden, give yourself space to calm down.
• Hug it out! Other people in your family will be feeling stressed too.
And finally....

• See the next slide for the 30 Daily Tasks.
• 30 challenges to keep yourself occupied!
<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
<th>Day 6</th>
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<tbody>
<tr>
<td>Start a diary for this monumental time – you could become a historian or author in the future! Use this time to document this period of history.</td>
<td>Enter the Kindness Competition &amp; submit by 13th April – see slide 2 <a href="https://www.ditchthelabel.org/choose-kindness-competition/">https://www.ditchthelabel.org/choose-kindness-competition/</a></td>
<td>Call a relative or friend who is far away and have a chat with them.</td>
<td>Write a message of kindness and support to our NHS workers and post it on social media or send it to a local radio station.</td>
<td>Make a drink for someone and sit for 10 minutes and have a chat. Find out 5 things about their life that you didn’t already know.</td>
<td>Look at the resources and information available on the Young Minds website <a href="https://youngminds.org.uk/">https://youngminds.org.uk/</a></td>
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<td>Day 7</td>
<td>Day 8</td>
<td>Day 9</td>
<td>Day 10</td>
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<td>Visit a virtual museum! Go online and explore the collections. <a href="http://www.virtualfreesites.com/museums.museums.html">http://www.virtualfreesites.com/museums.museums.html</a></td>
<td>Make a card to send to the elderly and vulnerable members of your community to show support and combat loneliness.</td>
<td>Turn your devices off and enjoy spending some time with a sibling or parent/carer.</td>
<td>Create an information booklet about the importance of hand washing and hygiene.</td>
<td>Make your own riddle and see if anyone can guess what it is.</td>
<td>Do something helpful for a friend or family member today.</td>
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<td>Day 13</td>
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<td>Find out all of the Fundamental British Values and create an informative poster on one of them.</td>
<td>Send a positive message to all of your friends.</td>
<td>Listen to your favourite song and make up a dance routine or a backing track.</td>
<td>Explore the Titanic as an online tour. <a href="http://titanicvr.io/">http://titanicvr.io/</a></td>
<td>Make a card for someone’s birthday/celebration coming up.</td>
<td>Play a game that you haven’t played in a while with someone else in your house.</td>
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<td>Day 19</td>
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<td>Hoover the stairs or a room in your house.</td>
<td>Learn how to cook a meal and eat together.</td>
<td>Leave a thank you note for someone else to find in your house.</td>
<td>Research and produce a mind map and fact file about all the places in the world you would like to go.</td>
<td>Write and illustrate a comic book or story to uplift people’s spirits.</td>
<td>Go on an online tour -parks <a href="https://artsandculture.withgoogle.com/en-US/national-parks/welcome?fbclid=IwAR1327BSYShyrfKZ0hMnnzszlyFBikS3CDnRtZpmCNiOksi7SebK9RxXcL4">https://artsandculture.withgoogle.com/en-US/national-parks/welcome?fbclid=IwAR1327BSYShyrfKZ0hMnnzszlyFBikS3CDnRtZpmCNiOksi7SebK9RxXcL4</a></td>
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<td>Day 25</td>
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<td>Day 27</td>
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<td>Day 30</td>
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<td>Find out which animals are soon to be extinct and create an advert to save one.</td>
<td>Read a book and plan a theme park around the main places, themes and characters.</td>
<td>Watch a film with someone at home and make sure you turn your phone off.</td>
<td>Make sure you get 8 hours sleep tonight. Note how you feel the next day.</td>
<td>Draw a picture of what you see in your garden or out of your window.</td>
<td>Write down 5 things you are thankful for in your life.</td>
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