



# Resource update for the COVID-19 outbreak



Hi all!

As I'm sure you're all very aware, times are strange at the minute. We are all experiencing good days and bad days, good weeks and bad weeks and there has never been a better time to stop, think and to take some precious time to look after our mental health and wellbeing.

Below are some lovely resources to use with your families that may help you take some time out to think about how we can make ourselves feel GOOD. That's what wellbeing is – feeling good within ourselves! 😊

A few of these resources are:

- A guide on how we can be mindful every day at home
- Some wellbeing apps you can access
- A LOVELY Spring Walk worksheet to make your daily exercise that bit more exciting

And more! So I hope you can use them to help make yourselves and your family feel that bit better in these times.

Miss Thorpe 😊 x

To open the documents, right click, click document object, click open and it should open as a PDF.

You won't be surprised to hear that at Compass BUZZ, we love **The 5 Ways to Wellbeing**. For more information on the 5 ways to wellbeing - <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>



With lots of us Zooming / Skyping between friends and family, home schooling and joining sessions such as Joe Wicks for his morning work out, we thought we would promote one of the quieter ways to wellbeing; 'Take Notice'. Spring allows us many opportunities to stop and TAKE NOTICE, with so many changes going on around us; sunny days, longer nights, the smell of BBQs and the sound of lambs bleating in the fields. Focussing on what's happening in the present moment is what's known as being mindful, we can be mindful in our body, our emotions and the world around us.



### Take Notice and Be Mindful

With this in mind, Compass BUZZ have created 5 ways to be mindful everyday, with five easy suggestions as to how to build mindfulness into a daily routine, especially during lockdown.



Mindfulness at home - COVID-19.pdf

### Take Notice of support available



CAMHS (Child and Adolescent Mental Health Services) have pulled together a collection of apps for children and young people to help with their mental health and wellbeing. These apps support with issues such as self esteem, building resilience, mood, stress, meditation, sleep, OCD and self harm and apply to a range of ages, view here- <https://www.camhs-resources.co.uk/apps-1>

Similarly, Compass BUZZ have posters which inform on a range of wellbeing apps and services, available below.



17 PRIMARY APPS AND SERVICES.pdf



12 Compass BUZZ apps and wellbeing s



We have put together a resource available for schools and families around bereavement support, in particular during this pandemic. This resource is available below:



Bereavement support - COVID-19.pdf

### Take Notice of what's around you

BBC's Springwatch team have announced they will deliver eight live programmes especially for schools and young people. The Wild Academy opens for business at the start of June. The first episode will be on doorstep wildlife, a worksheet can be found here: [http://downloads.bbc.co.uk/tv/springwatch/academy/doorstep\\_wildlife\\_reading\\_activity\\_2star.pdf](http://downloads.bbc.co.uk/tv/springwatch/academy/doorstep_wildlife_reading_activity_2star.pdf)

Compass BUZZ have created a Spring Walk worksheet to help bring some fun to children's daily exercise.



Take Notice\_Spring Walk Worksheet.pdf

### Take Notice of the positives

Our newsletter The BUZZ has gone out to all schools in North Yorkshire this week, Take Notice of the great work going on in schools across the county. From making face masks, supporting the NHS, drawing rainbows, to speaking multiple languages and throwing eggs, we are so proud of how our schools are facing this challenging time head on!



Issues 16 THE BUZZ.pdf

### Take Notice of Government Guidance

Finally, I am sure you are all keeping up to date with the official guidance. Here are a couple of links that we have found useful recently:

[Mental health and wellbeing during COVID-19.](#)

[Free school meals during COVID-19.](#)

[Safeguarding during COVID-19.](#)

[Vulnerable children during COVID-19.](#)