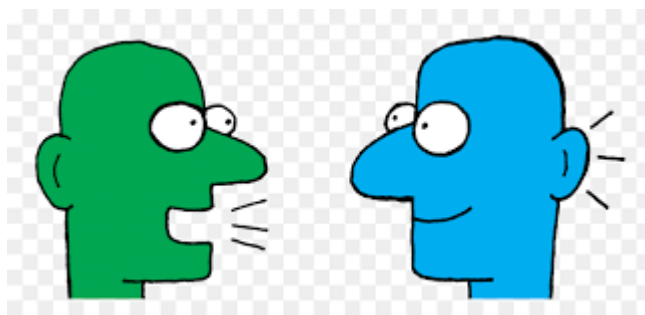


IDEAS TO HELP COPE WITH ISOLATION

Talk About Your Feelings

Some FE students are understandably finding the current situation challenging. Some are missing friends and their college teams. Some don't understand why everything has changed and are missing their routines. Some are worried about what they are hearing on the television. Some students are worried about what they might miss at College, (like the Summer Ball or their Leavers Day out).

It's important to talk about how you are feeling during this time. This could be to family members or friends. This is a difficult time and it is understandable and completely normal to feel that you need some extra support. There might not be any answers to what you are worrying about, but sometimes just being able to talk can be helpful.



You can also talk to your FE Tutors when they phone each week about any worries. They will be calling every Monday but can talk to you at other times if you need them to. email ekenshole@ellentinkham.devon.sch.uk and I can call you or arrange for a call from your tutor.

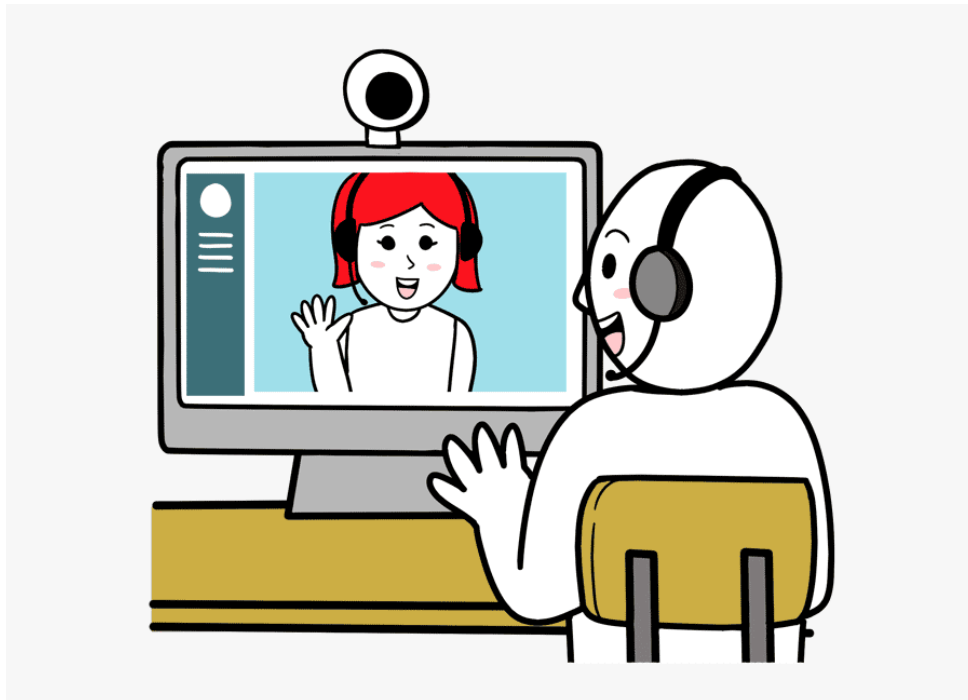
Keep in touch with friends and family – stay connected

Keeping in touch will be more important now than ever as being in isolation can mean you have times when you are feeling lonely. There are lots of ways of using technology to keep in touch. Video calls are a great way of seeing the faces of loved ones or friends (face time, WhatsApp, skype, zoom etc). Sharing photos of what you've been up to via your social media accounts can also help you to feel connected with those you care about. Netflix have just released Netflix Party so you can watch shows and movies along with your friends and chat about it in the comments- now you just need to agree what to watch. Chatting on the phone to family and friends is also good. Some FE students are having phone calls to their friends on set days each week. Others are face timing daily. Connecting with friends can make a huge impact on how we're feeling.

If you are using Social Media, just remember about keeping safe.

Lots of FE students are also making cards to send to family and friends. Not only is this a nice activity to do, but it's cheering up those who receive them.

Staying in touch with friends can also give you something to look forward to.



Do things you enjoy

In FE, we try really hard to make sure that you do activities which you enjoy. Everyone likes different things and it is important now that you are still able to do the things which you enjoy, as best as you can. This could be something creative such as drawing, painting or colouring (Liz Climo, an illustrator, has created a free to download colouring book at adobe.ly/2U3suMF).

It could be listening to music, singing or dancing. There are lots of different classes on Youtube at the moment to help you access this.

You could make something doing DIY or crafting. Pinterest is great for ideas you can try out at home. Lots of these are using things which you may have at home or you could use recycled items.

Lots of FE students are really enjoying spending time with their pets. Some have been enjoying pampering their pets. One student was busy making homemade dog biscuits last week.

Other students have been enjoying foot-spas and massages, and getting involved in some sensory activities which their siblings have helped them with.

Whatever you enjoy doing it's important that you get a regular dose of the 'feel good factor' that we get when we do the things we love to do. Opportunities to have fun, and laugh are really important to. Playing 'silly' family games can be fun, or watching films which make you feel good. Just make sure that you enjoy yourself.



Stay physically active

Physical activity keeps us physically and mentally healthy. It helps us to stay motivated and releases positive endorphins which make us feel happier. We are all allowed to leave the house once a day for exercise. Leaving the house daily to get fresh air and exercise such a walk or bike ride can be really beneficial. Being outside in the sunlight helps our body to get a dose of Vitamin D which is important for our bones, muscles and immune systems. Sunlight also increases the amount of serotonin our brain releases; serotonin is a hormone which makes us feel happy and calm. If you have a garden, there are lots of ways you can exercise, for example, gardening, trampolining or playing football. You could set up some team games with your families so you can have fun whilst exercising. You could also make a homemade 'assault course'. When the weather has been warm, some of the students have been doing their physiotherapy exercises outside. However if you're unable to exercise outside, you can stay physically active at home by cleaning or doing workouts. YouTube is a fantastic resource for free videos of workouts. If you search for your favourite type of exercise you'll find lots of videos for dance routines, yoga, martial arts and many other types of activity. You might also find something new to try.

You can also browse the Home Learning site for other ideas of Physical exercise.



Learn Something New

Try something new. There are lots of different ways you can learn new things. YouTube is a great source of tutorials and ideas for learning new things. You can virtually visit somewhere new around the world via the internet. There are lots of museums, art galleries, zoos and aquariums that you can look around virtually. See what you can learn whilst you're there.

If you like exploring new places Google map tours allow you to visit many amazing places in the world, explore Hollywood, walk around Rome or see what's happening in Sydney. Here are some of the best:

<https://thepointsguy.com/news/museums-you-can-tour-online/>

<https://www.mentalfloss.com/article/75809/12-worldclass-museums-you-can-visit-online>

<https://www.mentalfloss.com/article/60704/15-amazing-places-you-can-tour-virtually>

Some people are learning new things from family and friends via skype. You may have seen the adverts on TV, for example, where family members are learning new recipes on skype together.

There are also lots of different learning activities on the Home Learning website. Why not look at and try some of the activities on the other Key Stage pages.

Or you could try something new as part of your daily routines. Maybe try a new recipe? Or learn a new DIY skill? Learn how to plant seeds?



Take a break!

Meditation, mindfulness and practicing your breathing can all help you to feel calmer and more relaxed. Apps like Calm and Headspace have free content which can help you to practise these skills.

Maybe try some of the ideas already posted on the [KS5 Home Learning page on Mindfulness or Positivity](#).

If news stories make you feel anxious or confused, think about switching off or limiting what you look at for a while.

Practice calming exercise, such as Yoga.

You can also do Mindful colouring.

Maybe plan some relaxing time into your routine. Some students have been having 'down time' each day in which they have planned time to 'chill out'.

Others have been doing pampering activities, such as having their nails painted, or their hair done.

You might want to make a 'chill out' playlist of music that relaxes you.

Sitting in the garden on a warm day can be relaxing.



And just remember, if you are finding it hard, it's because it **is** hard and you are all doing really well!



Take Care, Emma K