



# Keeping yourself safe and healthy

This booklet is designed to remind you about the information with have shared with you in school about keeping yourself safe, especially if you are off school for a while.

## Contact details for support:

- **If there is an emergency where you need the police, fire service or ambulance call 999** (It is free to call, you do not need credit)
- If you or a friend is in danger from adults or one another you can call Surrey children's services – 01483 517898 (day time) or Surrey County Councils Safeguarding Hub [0300 470 9100](tel:03004709100) (Day time)
- Non-emergency police – 101 (e.g. if something has been stolen, if you have witnessed a crime, you have a concern that isn't an emergency)
- If you want to talk to someone anonymously because you are worried about something or something/one is upsetting you, you can call Childline – 08001111
- To contact the designated school safe guarding lead (Ms Mundy) – you can call, text, or WhatsApp on the school mobile \_\_\_\_\_. – we will share the number with you in form time.

### **Safety plans and trusted adults:**

- If you are going to be home alone or at home with just yourself and one adult, you should talk to your parents/carers about a safety plan if something goes wrong.
- If you or the adult in charge becomes ill or injures themselves, who should be your trusted adult to call? You should consider who could reach you quickly; it might be a neighbour, a family member or a friend. You can write their name and phone number here if you want to:

*Emergency contact person name:* \_\_\_\_\_

*And their phone number is:* \_\_\_\_\_

- It is sensible to make sure you have this number saved in your mobile phone. You may want to have more than one.
- **Remember if it is an emergency – dial 999**

### **Safety in the home:**

Remember the following if you are home alone:

- If cooking, take care and be safe. Try to keep things simple and use the microwave or toaster instead of the oven or cooker.
- Ask permission or for help if you need it. If something goes wrong, stop and turn everything off.
- If you burn yourself, run the burn under cold running water for 5 minutes and tell an adult. If you are alone and it is **very bad** you should call 999.
- If there is a fire, turn off any appliances if you can do so safely. Get yourself and others out of the house and call 999 and ask for the fire service. Contact a trusted adult after you have called 999.
- Do not answer the door unless you know who is there. You should ask to see a badge if it is the police or emergency services.

### **Looking after yourself at home:**

If you've been asked to stay at home and avoid other people, it might feel more difficult than usual to take care of your mental health and wellbeing. You might find that you need to come up with a plan to help you to feel OK if you are not in school for a while. It's also useful to know that it is completely

normal to be worried and to know what you can do if you aren't feeling OK. It's important to look after your body and your mind.

Healthy body:

Remember that keeping your body healthy will not only help to prevent you becoming physically ill, but it will help to support your mental health too.

1. Eat a healthy diet – fruit, vegetables, water – not all sugar, crisps and fizzy drinks – it will make you feel rubbish! And your body will really need vitamins and good energy.
2. Try to stick to a routine with eating breakfast, lunch and dinner and not snacking too much in between. If you do have snacks, try not to have too many or unhealthy ones.
3. Sleep – when you are asleep your body rests and repairs itself and your brain takes the time to process everything that it needs to. If you get into an unhealthy sleep pattern (i.e. going to bed very late/getting up very late) your body and mind will find it very difficult to work at their best.
4. Exercise is important – even if you have to stay home – you can go into your garden if you have one or if your parents say it's ok, you may be able to go for a short walk. If you need to exercise at home, you can follow these ideas and guidelines:

#### Running on the spot

Start by walking on the spot. Make sure you use your arms as well as moving your legs. 1 min

Start to get faster and turn it into a jog on the spot. 2mins

Change it into a run on the spot and don't forget to use your arms. 1 min

Slow down back to a jog. 1 min

Finally begin walking on the spot again. 1 min

#### Tricep dips



You can do this using an armchair, sofa, dining chair or the edge of your bed. Place your arms on the piece of furniture behind you so your arms are bent at a 90-degree angle and lower yourself down so your knees are bent. Lower yourself down towards the floor and back up again (NO SITTING). Keep your back straight and stay close to the furniture you are using. Repeat for 10 Tricep dips. You can do more if it is too easy or take a

break in between if they are tricky.

### Lunges:

Start by standing up straight with your feet shoulder width apart. Place your hands on your hips and look forward.

Take a step forward with your right leg and lower yourself towards the floor and stop just before your knee touches the floor. (Make sure your back is straight and hips are facing forward)

Push back up and squeeze your stomach muscles to lift yourself back to your starting position.

Repeat the activity by stepping forward on your left leg. Keep alternating legs. Complete 20 lunges (10 on both sides).



### Skipping without a rope:

Begin by holding your hands at waist height, making sure your back is straight and your feet are shoulder width apart.

With your hands make circling actions like you are turning a skipping rope. At the same time perform small jumps on the spot.

You need to make this movement continuous so try and get a good steady pace/ rhythm. See how many jumps you can do in 30 seconds.

### Plank:



To get into a plank position lay on your stomach. Using your arms and feet lift yourself up off the floor keeping as straight as possible. (You should be as flat as a tabletop).

Check you are not lifting your bottom too high in the air or dipping your stomach too low to the floor.

Hold the plank position for a minimum of 15 seconds. Try and challenge yourself to hold it for longer each time.

### Healthy mind:

Being at home for long periods can cause worry and stress. These are some ideas for you to use at home to ensure that you look after your mental health.

1. Keep your room clean and tidy – mess in your environment will have an effect on your mind too
2. Try to give yourself some space – family members can be annoying! Build time into the day (just for 30 mins or an hour) where you can be by yourself. You could listen to music, read a book or watch your favourite TV program
3. But... don't isolate yourself too much! Make sure you are talking to your friends and family via phone/text etc. if you can't see people face to face

4. If you can go outside to get some sunlight or fresh air then do, if not, try to open windows to get fresh air in and open curtains blind to let the light in.
5. Have a routine. Routines help us to feel more normal when things are weird. What kind of routine could you have at home?
6. Stay busy! Keeping busy can really help to pass the time, prevent boredom and generally make us feel better. You will have schoolwork to do, but it won't take up your whole day and it's important that you do other things too.

Ideas for keeping busy:

1. Read a book – if you run out of books, the Kindle app is free to download on to any smart phone and there are free books on there too! (There is also a site called Project Gutenberg with free ebooks)
2. Listen to an audiobook – again there are sites where these are free – StoryNory, Lit2Go, Project Gutenberg and the International Children's Digital Library are a few to check out.
3. Be creative – draw, paint, colour in, make a collage or sculpture from 'rubbish' in your home, sew, bake (with help)
4. Make your own project – think about the work you did over the summer about the women our forms are named after – could you do something similar about someone else you admire?
5. Watch a film or TV program and write a review/blog about it

Sometimes situations like this can make us feel anxious or stressed. Here are some ideas of things that might help.

- If all of the news articles or programs are making you worry, stop watching them or reading them. You don't need to know every update every moment. Your parents will tell you anything that you really need to know.
- Try to distract yourself with some of the ideas on the previous slide or other things that you like to do.
- Talk to someone that makes you smile – it might be a sibling, family member or friend. This is the perfect opportunity to give someone a call – they might be feeling the same!

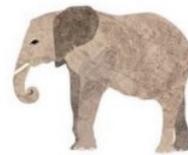
- Build a routine for things like washing hands so that you don't become obsessed with it – e.g. set an alarm on your phone for every 2 hours and do it then so you won't worry
- Have a look at the information below for some suggestions for breathing exercises to help you calm down and some apps that you can download for free to support you.

## High Five Breathing



THE CALM CLASSROOM

## Elephant Breathing



1. Stand with your feet wide apart and stretch your arms out in front of you, interlacing your fingers.
2. As you breathe in through your nose, lift your arms (trunk) over your head until your back is arched and look up at the sky.
3. As you breathe out through your mouth, swing your trunk down between your legs.
4. Repeat until calm and grounded.



## Bird Breathing



1. Stand completely straight.
2. Breathe in and move your arms up slowly.
3. Breathe out and lower your arms back to your sides.
4. Repeat until calm and grounded.

THE CALM CLASSROOM



The MeeTwo app provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives.



Learn to relax, manage your worries and improve your wellbeing with Chill Panda



The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



If you are feeling

You can also access Kooth online ([www.kooth.com](http://www.kooth.com)) they provide free, safe and anonymous online support for young people including live chat with trained counsellors.

## 8 Tried & True Anxiety Busters

anxious, here are some other ideas that might help you:

<p>#1 <b>Breathe Into Your Belly</b> It presses on the vagus nerve and tells your brain that you are safe.</p>	<p>#2 <b>Notice What You Can Feel</b> Noticing what your skin feels helps to ground you in the present.</p>
<p>#3 <b>Hold an Ice Cube</b> Extreme changes in temp will bring the brain back to present.</p>	<p>#4 <b>Temp. Leave Situation</b> Taking a break to regroup can help you get grounded.</p>
<p>#5 <b>Listen To Music</b> Music has been proven to affect heart rate and mood. Aim for 60-80 bpm.</p>	<p>#6 <b>Take a Bath or Hot Shower</b> Self-care can help you reset your mindset.</p>
<p>#7 <b>Exercise</b> Exercise will increase serotonin, release pent up energy, and release endorphins.</p>	<p>#8 <b>Talk to a Friend</b> Friends can often give us the encouragement and perspective needed.</p>



The most important thing that you can do if you are not feeling OK is to talk to somebody. We have given you lots of contacts at the start of this booklet, and lots of ideas throughout it, however most often, the best people for you to speak to are those closest to you. If you are worried about anything, try to speak with a parent or carer at home. Explain how you are feeling, and they will help to reassure and support you.

Remember, if you need to contact the people or services that are listed at the front of the booklet, they will be there to support you and your family and/or friends.

Please remember that you are not alone, everyone is in this together and we need to support one another and be kind.