



Mrs Wetherelt's Mental Health Page

Practical tip Number 1

Let's get organised

Why not make a timetable while staying at home. This will help you organise your routine. You could include play time and lunch time just like we have in school. It could look something like this below. You can add a bit of sparkle or stickers and some nice colours to make it your own.

Practical tip Number 2

The power of sleep.

One of the most important things your brain needs is sleep. When you sleep your brain uses this time to make memories and process information you have learned during the day.

Try these to help you drift off to a peaceful and restful sleep.

- Have a warm bath or shower before bed this helps relax muscles.
- Keep all electronics out of bed. The bright light stimulates your brain making it harder to relax.
- Read a story or have a story read to you. Doing the voices of the characters can be fun.
- If you are thinking about a lot, try writing these thoughts down. Such as things you have to do or ideas you have. You can forget about them until the morning.
- Try to stick to a similar routine (that word again) as this helps your body know when it's time to shut off and then kick start again.

See you soon.

Be happy, stay healthy and stay safe.

Mrs Wetherelt

Hello everyone.

I hope you are well and keeping up with your school work. It is important that you do this as you are continuing with your learning and also as it helps with your routine. But what is routine?

Well, the dictionary says that the word routine, is a noun. It means

A sequence of actions regularly followed.

Why is it important to have a routine?

As Humans we feel safe when we know what is going to happen. Having a routine keeps things normal for us.

*I am smart
I am brave
I am loved*

Practical tip Number 3

Even though we are not in school we still need to follow our oasis rules.

*Try your best and work hard.
Respect others and yourself
Be kind, helpful and honest
Look after property and other peoples things.*