



ST. FINIAN'S NATIONAL SCHOOL

Déan do dhícheall i gcónaí / Always do your best

WELLBEING

LOOKING AFTER OURSELVES AND EACH OTHER

As the situation with COVID-19 is causing a lot of worry for both children and adults (and worrying is a normal human emotion!), we are providing you with a variety of resources to help us understand what is happening and to look after ourselves during this difficult time. Below, you will find:

A really excellent and child-friendly information pack on the virus, aimed at reassuring and informing children about COVID-19, as well as giving them a chance to express their feelings. Click on the image to download the information pack, which can be viewed on any device or, ideally, printed out.

An excellent guide for parents and children to manage their mental health during this difficult time (yes, we are all freaking out in different ways, and that's perfectly normal!)

An article from RTÉ with ideas about how to keep kids active (and prevent them from going bananas!)

Prompts for writing a journal. A really great way to pass these days would be for children to keep a journal or diary: Not only will this keep them occupied, it will also give them a sense of purpose each day.

Joe Wicks, the body coach is providing a daily kids workout on his social media platform to keep kids active. Simply go to Youtube and search "Joe Wicks workout for kids" for his daily update.