

QEGS CONNECTED

We have compiled some tips to help you stay connected and feeling positive during the COVID-19 lockdown. The most important aspect is to establish a routine and remember, it's not all about work. Try some of these tips out and let us know how you get on!

Structuring your day

- **Routine is key.** Get up and dressed at the same time every weekday and go to bed as if you were at school.
- **Eat well.** Eat breakfast, lunch and dinner at regular times and try to keep eating your '5 a day' of fruit and vegetables. Keep a bottle of water by whilst you are working and aim to drink at least 2 litres a day to keep hydrated.
- **Plan in some exercise.** Joe Wicks does a daily workout at 9am on YouTube and several large fitness brands are doing live workouts each day on Instagram, throughout the day.
- **Get outdoors.** Use your allowed outdoor time and go for a walk with an adult from your household to break up your day or burn off some energy in the garden with an outdoor game with your family.
- **Stay social.** 'Meet-up' with your friends in the evening or at lunch time, using a closed group video calling, such as Zoom or Skype.
- **Keep your brain active.** Set time aside to read or do some puzzles. [Audible](#) are doing free audiobooks for 30 days, whilst Apple Music and Spotify have millions of podcasts available.
- **Relax.** Do something in your breaks... have a shower, play with the dog, listen to some music.
- **Learn a new skill.** Plan to do practical work such as art, craft, baking or even cook dinner!
- **Be grateful.** Keep a short daily diary; write down three things you are grateful for every day.
- **Stay present.** These are strange times and there are apps that can help you if you are worried or feeling anxious. Headspace app allows you to try meditation for free and podcasts such as 'Mindful in Minutes' have short episodes to help you calm your body and mind.

Study tips

Work in short spells, 45 minutes per subject. Base it on your normal timetable and set your school day each day. You could even use alarms on your phone to help keep you on track.

Don't get distracted! Try not to have your phone directly next to you in 'lesson time', unless you want to have a 'study buddy' with you on FaceTime or Skype.

Several celebrities are also offering online lessons:

- [Story time with David Walliams](#)
- [Dance with Darcey Bussell](#)
- [Maths with Carol Vorderman:](#)
- With hundreds of others available on YouTube and Instagram, such as History with Dan Snow on Youtube and Ben Fogle's adventure class on Instagram.

STAY CONNECTED: Let us know your tips via [@QEGS Blackburn](#) on Twitter or ['QEGS Blackburn'](#) on Facebook!