

WELL-BEING



1

January

LOG

During the current circumstances, it is especially important to take care of ourselves and both our mental and physical well-being.

Each day log how you are feeling, you can use one of the 5 faces provided. And, how physically active you have been using Emoji's or even a picture of the physical activities you have completed E.G running/walking.

2	3	4	5	6
7	8	9	10	11
12	13	14	15	16
17	18	19	20	21
22	23	24	25	26
27	28	29	30	31



WELL-BEING

LOG



February

		1	2	3
4	5	6	7	8
9	10	11	12	13
14	15	16	17	18
19	20	21	22	23
24	25	26	27	28



Useful helplines:

Need to talk (teenagers)

<https://www.healthforteens.co.uk/>

Samaritans - Call: 116123

Childline – Call: 0800 1111

Remember you can always let your teachers/tutor know if you would like to talk to them, they will always be there to listen.

Physical activities you can do:

- Walking
- Jogging
- Online fitness videos (there are some on your teams that you can do)
- Play football/basketball etc if you have equipment at home
- Challenges, there are many online E.G 1 minute sit up/mountain climber.