

School Focused Youth Service

Self-Isolation Special News – Family Wellness Strategies

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During this time of remote learning and self-isolation, this newsletter will provide resources to assist with wellbeing while being at home.

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“Nothing can make our lives, or the lives of other people, more beautiful than perpetual kindness.” –Tolstoy

Wellbeing:

Five Ways to Wellbeing:

At this point in the year, families might be feeling the strain, even more so now with COVID19 impacting on all our lives.

Here are some suggested activities that the family could focus on during term break to work on maintaining a positive wellbeing.

Please be aware that the following activities may impact on the data usage of home internet connection.

Connect:

Making the time for the important people in our lives and having positive relationships with friends and family is essential for mental wellbeing.

Things you can try during restrictions:

- Have a virtual family dinner with family or friends to boost social connectedness.

- Having a traditional game night or piece together a jigsaw puzzle as a family taking a break from technology.
- Organise for your children to have a watch along evening with their friends of a favourite TV Show or movie.

How to host a virtual watch party:

<https://www.wired.com/story/how-to-host-a-virtual-watch-party/>

Watch along with Netflix:

<https://www.netflixparty.com/>

Supervision is important to make sure TV shows and movies are appropriate for the audience.

Be Active:

Exercising regularly has been shown to lower rates of depression and anxiety improving wellbeing.

Things you can try during restrictions:

- Play backyard cricket, create a hopscotch game or practice yoga.
- Explore your neighbourhood taking photos of interest.

Some inspiration for backyard cricket:

<https://www.kidspot.com.au/things-to-do/activity-articles/backyard-cricket/news-story/580b73e4d7a9074b95add58758c3f0e7>

Remember to observe all COVID19 restrictions while out and about.

Follow this link to find out what a 'Window Walk' is:
<https://activeforlife.com/jazz-up-your-neighbourhood-walk/>

Take Notice:

Mindfulness is the practice of being aware and taking notice of 'the little things' trains us to be aware of our thoughts and feelings.

Things you can try during restrictions:

- Ask your child to think of three things they are grateful for each day.
- Learn how to meditate.
- Encourage your child to notice things or people that make them happy.

Here are some links to mindfulness activities that you can do alongside your children.

Mindfulness Meditation for Kids:
https://youtu.be/VZ_wdeog5Ek

3-minute Body Scan:
https://youtu.be/ihwew_ofuME

10 minute Mindfulness Meditation:
<https://youtu.be/ZToicYcHIUO>

Keep Learning:

Encouraging your child to learn new skills. This will engage their brains during the break. The goal for this kind of learning is to have fun learning not for academic purposes.

Things you can try during restrictions:

- Take up a new hobby to learn as a family.

- Learn about diverse cultures and places by visiting virtual cultural centres/Museums.
- Find out about your family history.

Here are link for virtual tours at Melbourne Museum:
<https://museumsvictoria.com.au/melbournemuseum/at-home/virtual-tours/>

Learning a new skill can start with a new hobby:
https://www.parent24.com/Child_7-12/Fun/16-fun-and-affordable-hobbies-to-try-with-your-kids-this-year-20190111

Give:

Give time to a research a cause that your child feels strongly about or giving kindness to others will help your child understand empathy.

Things you can try during restrictions:

- Support elderly or in-need neighbours.
- Challenge everyone in the family to do something kind for someone else.

Your children can share their acts of kindness by participating in this community project:
<https://ripplekindness.org/community-project-for-kids/>

Here is a Smiling Minds resource for parents to manage their own wellbeing during COVID19:
https://f.hubspotusercontent20.net/hubfs/4687378/Kids%20Care%20Packs/SM_SelfCarePack.pdf?utm_campaign=Care%20packs&utm_source=SUBMISSION%20EDM%20-%20SELF%20CARE

