### Home Learning lesson 2: Resource 1: Emotional Wellbeing Strategies Diamond 9

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| Relaxation techniques like mindfulness and deep breathing | Following interests and pursuing hobbies that provide enjoyable distractions |
| Getting plenty of good quality sleep | Keeping active by exercising, walking, cycling, (or doing another favourite sport if possible) |
| Spending time with friends and family | Doing exercises intended to promote relaxation e.g. yoga |
| Getting outside into nature | Online mindfulness, stress and anxiety management apps |
| Asking for help from teachers, family, friends or online support when things get a bit much |  |

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