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

|  |  |
| --- | --- |
| 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 |  |

Blank version to fill in

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | |  | |  | |
|  |  | |  | |  |
|  | |  | |  | |
|  |  | |  | |  |
|  | |  | |  | |