

Struggling with quarantine?

Here are some things that may help...



If you need to talk to someone about anything, Childline is there to listen – both by message and on the phone. Their website is also full of excellent resources to help you cope.



The home of 'big questions', if you want something to challenge yourself, you can go here to debate ideas you wouldn't normally come across in the classroom – ideas like 'Is knowledge dangerous?' and 'Can war be a good thing?'



If you're bored of listening to the same songs over and over again, BBC Sounds offers podcasts and audio-dramas, ranging from bedtime stories to documentaries, to comedy sketches!



Couch to 5K is a wonderful way to start jogging if you've never been all that good at it. It gradually increases how far you run with supportive commentary in the background. Exercise is very beneficial, for both mind and body, so make the most of your daily time!

If you're finding it hard to home school yourself, guess what? BBC Bitesize has free online lessons for absolutely everything! If you don't understand something, you can explore their range of videos and activities.



Headspace offers free meditation resources accessible to complete beginners to help you relax and take time for yourself. You can also use this to aid sleep, studying and simply becoming 'mindful'.



headspace

Most of you will have heard about Zoom by now, but it's an excellent resource (free for the first 40 minutes) that can help you connect with friends and family! This not only improves your own mood but that of others as well.



zoom

Remember if you are struggling, you can reach out to your friends and teachers for help with anything. Now is not a time to over-stress, focus on your wellbeing and take it one day at a time.