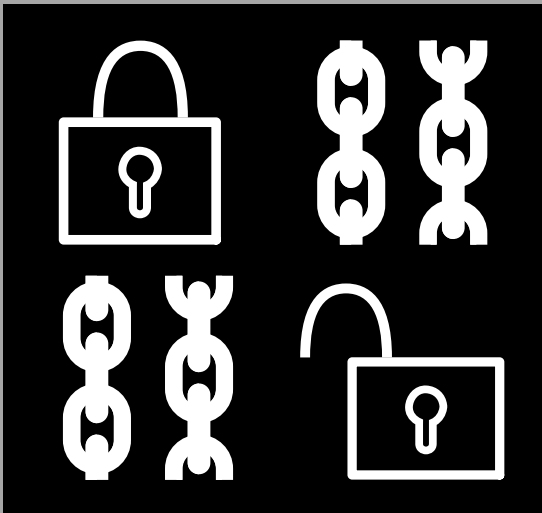


POST LOCKDOWN

LEARNING SOUTH LEICESTERSHIRE SCHOOL SPORTS PARTNERSHIP

SEPTEMBER 2020



LOCKDOWN

Lockdown has seen a dramatic change in lifestyle.

Young people have been unable to;

- socialise with friends and family
- play sport and be physically active
- receive face to face tuition
- visit loved ones in hospitals or care homes
- earn money through work
- use non-essential shops and services
- travel

POST LOCKDOWN TIPS FOR PHYSICAL AND MENTAL HEALTH

PHYSICAL HEALTH

Children and young people aged between 5-18 years should be physically active for at least 60 minutes per day.

Explore the outdoors safely- Getting some fresh air will positively impact on mental and physical health.

Plan your activities- Getting a good mixture of activities can keep you motivated.

Be active with friends and family- socially distanced exercise with people can inspire greater activity.

MENTAL HEALTH

Having good mental health helps us relax, achieve and enjoy our lives, therefore looking after our mental health is really important.

Friends and family- Speak to friends and family regularly via email, phone, social media and social distancing if safe to do so.

Create new routines- Prioritise looking after yourself. Set you alarm and be proactive. Watch films, read, exercise, relax.

Practice self care- Relaxation techniques and mindfulness are recommended to ensure the mind and body is healthy.