

# SUPPORTING YOUR CHILD'S HEALTH AND WELL BEING: YEAR 9



## Remote Learning

"Some of the homework set I do not understand and find it really hard. What should I do?"

(Year 9 pupil)

## Boredom setting in

It appears that 71% of Year 9 pupils who took the survey are struggling with boredom during lockdown.

## How do we work effectively at home?

"I am concerned that some of the homework is taking me longer than expected to complete. This is then setting me back on completing other tasks."

"I am finding concentrating at home really difficult. "

(Year 9 pupil)

## How to maintain Health and well-being at home?

"I miss my friends and sports I am finding it difficult at home."

(Year 9 pupil)

**YOUNGMINDS**

## Support and Guidance

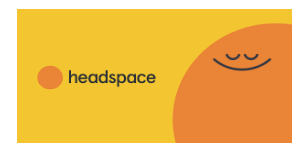
### Remote learning and working at home effectively



Meditation is a coping strategy when feeling overwhelmed. Headspace a perfect tool to get started.

<https://bit.ly/3050h8l>

<https://bit.ly/3fm0sm0>



### Dealing with BORDOM

<https://bit.ly/2CgEaVY>



### Improving and Maintain your Health and well - being

<https://bit.ly/2DzidIA>

<https://bit.ly/2CrQ7rX>

<https://youtu.be/CSHO9VdVRFg>

