

# HOW TO Stay Healthy during lockdown!

Since you have more time now you will be able to do lots of your favourite hobbies and things you've wanted to do before lockdown. Here are some hobbies:

- Cooking
- Drawing
- Dancing
- Craft

There will be alot more however some you not like and others you will depending on your personality. As well as hobbies you also sometimes need to do some activities.

- Such as:
- Listening to music
  - T.V
  - Reading
  - Yoga
  - Breathing exercises



One way to stay healthy in lockdown is exercise. There are lots of different exercises you can do. Such as:

- Running
- Joe Wicks
- Bike Riding
- Football
- Skipping
- Cricket
- Walking

And there will be a lot more.

Make sure during lockdown you keep a balanced diet. Also make sure you have your 5 a day and vitamins to keep you healthy.

- Meat
- Beef
  - Bacon
  - Eggs
  - Fish

- Fruit and Veg
- Beans
  - Carrot

- Watermelon
- Apple
- Melon
- Blueberry
- Grapes



- Dairy
- Milk
  - Cheese
  - Yogurt
- Fats/Sugar
- Chocolate
  - Cakes

Carbohydrates

- Bread
- Wheat
- Cereal
- Flour

- Have a book near your bed to write any thoughts that need to go out of your mind
- Read a book before going to sleep
- Have a glass of milk before going to sleep
- Don't take any to sugar but if you have



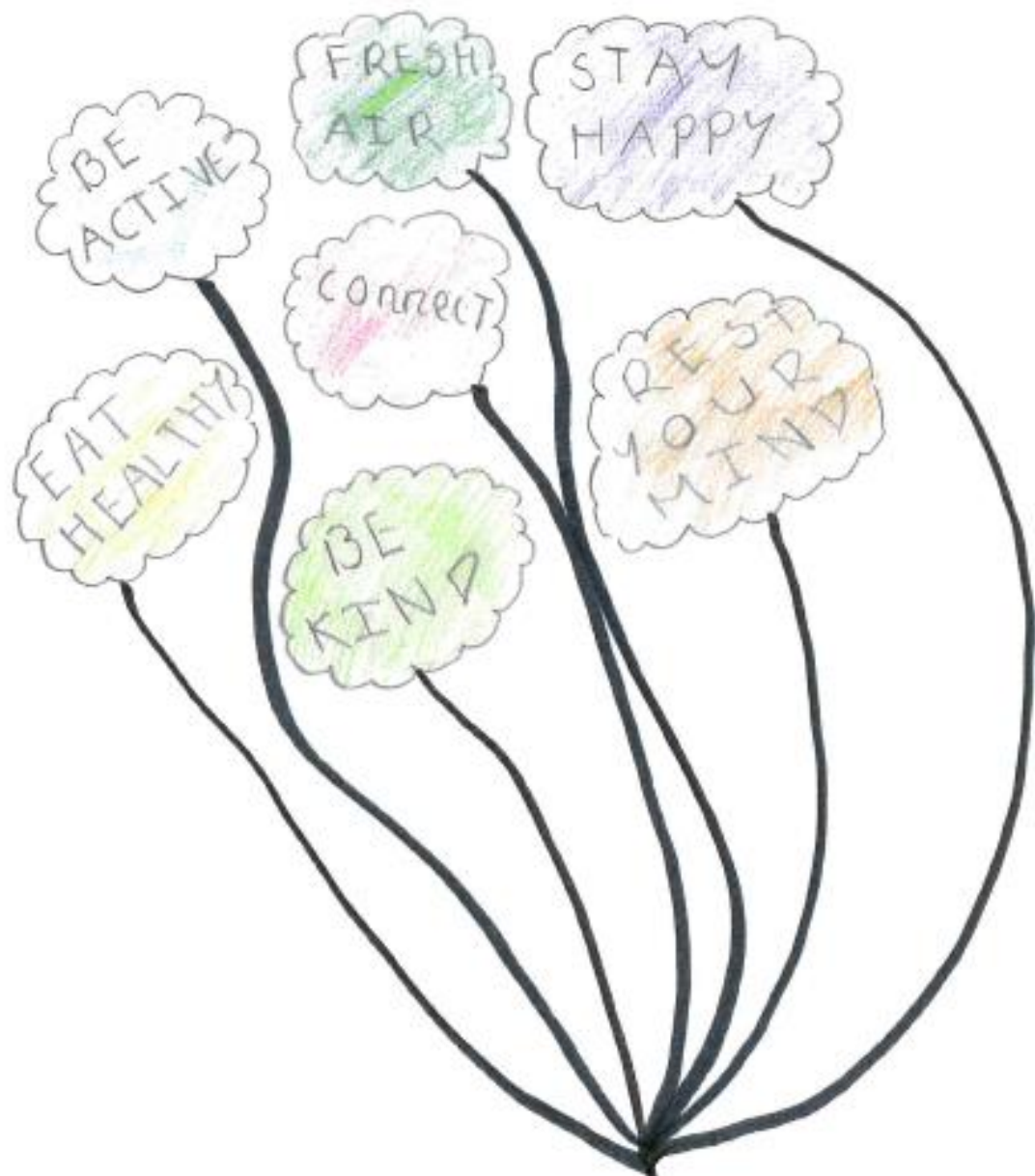
We Will Fight Covid 19!!!!



Put balloons and rainbows in your window to make everyone happy!

Sid S





NEVER  
FEEL  
DEFLATED!

by Isabelle  
Radbourn.

# Helping you stay happy in lockdown

*I hope this will help with staying happy in these strange times (lockdown)*



## Amillie Timbrell

A few tips to help remain happy in lockdown

- Do some exercise to keep fit and it makes you happy because it increases your serotonin.
- Play in the garden
- Eat healthy don't forget your 5 a day
- Spend time outside
- Virtually seeing friends over facetime
- Play games with family
- Read a book
- Cook your favourite meal
- Be creative use your imagination to paint, draw or make something



# ▶ HAVE FUN ◀

Do your hobbies  
Do What Makes  
You Happy Relax

Draw  
Create imaginary  
friends and pets  
or draw  
your  
best friend.



Poems  
Write Poems  
for your  
friends  
and  
family.



Baking  
Yummy  
mm...  
wow!  
Bake some  
cake and share  
it with your  
family. Find some-  
thing new to bake.



## HEALTHY FOODS

Fruit, Eggs, meat, seafood,  
bread, Veggie, Grains,  
beef, chicken, Lamb.

## HOW TO stay healthy IN LOCK down

### Exercise

running, jogging, biking,  
walking, skating

HOBBS

### Hobbies

creat something, play,  
chill, cook, bake

### FUN!

- Board game day
- Film night
- relaxation day
- toy day
- board night

EXERCISE

healthy  
FOODS

TOP 10

THINGS

TO DO

ON

LOCKDOWN

to make you smile!

① Make cakes

yum



② You could draw...



③ Do some mindfulness



④ Play outside in the Sun  
Bee Happy



⑤ Go on a nice walk

⑥ Do some calm reading

⑦ Do something crafty

⑧ Paint some rocks and hide them

⑨ Play some board games with the family

⑩ Talk to your friends on video chat

Stay

also....

By... Lols Year 5 SM  
Age: 9

