

TIPS FOR STUDENT WELLBEING

While we might not be physically together during this period of remote learning, the Guildford Grammar School community cares about you and will continue to support you from afar. Here are some helpful hints for students:



STAY ACTIVE

Don't get sucked into the YouTube trap! Get some fresh air, and maintain a routine that balances online activities with other things.

DO SOMETHING FUN

Make sure you do something fun everyday to help yourself feel good. Drawing or writing a list of fun things to choose from can be helpful.



GRATITUDE

Draw or write at least one thing you're grateful for each day. This will help you focus on all the positive things in your life.

REACH OUT TO YOUR FRIENDS

Show your parents all the ways you can stay connected with extended family and friends online! Set up regular times to connect with your friends.



ASK QUESTIONS

Talk to a trusted adult about any questions you have about COVID-19. Don't be scared to share your feelings. Knowing the facts can help reduce your worries.

RESOURCES

- [Aimee Quaife](#), Preparatory School Psychologist
- [Kids Helpline](#) – Ph. 1800 55 1800
- [Smiling Minds](#) – Free mindfulness app for all ages
- [The BRAVE Program](#) – Free online program for tackling anxiety
- Don't forget you can also speak to a trusted adult.

