

## Teen wellbeing: finding the balance during lockdown

With schools closed and so many limits on their usual lives at the moment, looking after your teen's wellbeing is an extra challenge at the moment. Here are some top tips on keeping your teen happy and busy during this challenging time.

1. Structure their days (but not too much)
2. Prioritise sleep and exercise
3. Try something new
4. Help your daughter find a passion
5. Teach your child what you know
6. Leave time for "socialising"

### 1. Structure their days (but not too much)

Keeping a routine in place can be really reassuring for teens (and adults!), especially during an uncertain time. The key though is to strike a balance between giving them a daily structure and keeping your child calm too.

### 2. Prioritise sleep and exercise

Your daughter is always important, but with more challenging circumstances than usual at the moment, protecting your teen's regular sleep and exercise will help them manage any worries. Keeping the same bedtime and wake-up time each day will provide a solid foundation to a healthy routine. If you've got a garden or a nearby park, then a daily exercise trip can help split up the day too. If you're pushed for outdoor space, there are lots of free online exercise classes, like Joe Wicks. Online yoga and meditation classes are more great ways to relax and stay calm.

### **3. Try something new**

With the incentive of exams in the Summer term gone, some brand new learning could help get your teen excited. Trying a new language, an area of History they haven't been taught in school before, or areas of current events they've always wondered about can keep them motivated.

### **4. Help them find a passion**

The flexibility of home learning is a chance for your child to find what they enjoy most – or to focus in on what they already love. This could be an extended project in their favourite school subject, an ambitious creative challenge, or practical learning like (safe and supervised!) D.I.Y. Without the rapid pace of school life, your daughter could take the chance to think about their future and research some options for what they'd like to do beyond school.

### **5. Teach them what you know**

If you've got time, taking the chance to teach your child the skills you have can be a nice way to expand their learning and give yourselves some quality one-on-one time. This could mean practical life skills like baking or cooking, sharing your hobby with them, or even giving them a closer look at what you do in your job. Similarly, setting up video chats for your child with family members who could do the same can be a really nice way to keep everyone connected and engaged.

### **6. Leave time for "socialising"**

While keeping busy and healthy is really important, so is staying in touch with their friends! Your teen will probably have been in touch with their friends already but leaving a reasonable amount of time in their weekly schedule for your child to video chat or message their friends will help them keep some sense of normality during this challenging time.