



Advice from our Prep School students

Together you are being kind, loving people well, and being creative. For some home learning is easy and fun, for others lonely and hard. You are not alone, we are here for you, and together we can do hard things!



Together you are missing:

- Playing with your friends + seeing family
- Going to your favourite places
- Seeing your teachers, learning in person, and school!



Ways you are staying in touch with loved ones:

- Some of you are feeling connected through chatting online
- Some are feeling a bit disconnected and lonely
- Some are finding you are really appreciating your family
- Some of you are loving having less screen time and playing more



How you are staying mentally healthy!

- Video messaging + talking to friends/family
- Spending time being creative: drawing, baking, making things
- Playing: with toys, with siblings and pets, games as a family
- Spending time outside: walking, dancing, running, biking



You're using kindness to love your family

- Helping with the chores around the house
- Saying thank you!
- Giving hugs + compliments
- Helping make dinner, setting the table, or cleaning up



Staying kind to your family by:

- Trying to argue less - by letting go of things, and picking fewer arguments!
- Listening more to your parents
- Working well at home: doing your school work, and respecting others boundaries by helping them to focus too



Advice you gave to other kids

- Stay calm, talk to someone if you are worried, and remember it's not forever
- Have fun with your family, go outside, and do lots of activities
- Talk to your teachers, make a fun study area, and talk to friends lots



Challenge for the week!

- Make a poster with an encouraging quote for your room
- Make a "Jar of Boredom" full of activities you could do
- Be kind to your family + check in with your friends