

Guidance for BeatTheBoredomSheff for Children and Young People (April 2020 – COVID-19)

Dear Parent /Carer

We have prepared BeatTheBoredomSheff to help children and young people plan their day during COVID-19 measures, to support them to engage in activities which we know will best support a healthy lifestyle. Schools are sending out work and activities to their pupils and some may also directly send out this planner, as sometimes a prompt from an outside source might encourage more children and young people to engage.

The purpose of the planner is to support engagement with your child in thinking about their day and the things which help them to feel motivated and comforted.

We know that for some children and young people the planner will help them to enhance their routine and for others the focus may be on establishing a routine, it's important to tune into what would be most helpful for your child and help them to build healthy coping strategies, even if these have to be small steps to start with.

The most important element is to focus on your relationship with your child and if you think they are struggling at this time, spend time with them, try and understand what they are thinking or feeling by asking questions and listening. It will be so much easier to give them the support you want to give them if you can get on the same page as them.

Be mindful of your own stress levels when you engage in these conversations so you can stay rational, calm and connected and if you are struggling to do so, think about what will best help you and acknowledge that maybe you need to have the conversation at another time.

[Every Mind Matters](#) has some useful strategies to support wellbeing

- The planner can be used electronically or in paper format. **You need to download the electronic copy to be able to write into the pdf.**
- The planner is a way to help your child think about how they can best spend their day, with the hope of supporting some healthy lifestyle choices.
- It will depend on individual circumstances as to whether this is helpful to you as a family at this time.
- The younger the child the more input they will need from parents and carers – some young people might engage more if they see it more as a school task.
- Remember that your idea of 'making the most out of your day' might look different to your child's and that's okay. Meet them where they are at.
- Encourage them to tap into their special interests and see how creative they can be with their planner.
- We are promoting young people's engagement through the social media campaign #BeatTheBoredomSheff. Your child might want to post what they have done with their day under this hashtag.
- We are hoping schools will also offer creative way to link up their pupils to reduce social isolation and support motivation so do check their websites or messages.
- Have a go at completing a planner to see what it's like, you could stick it to the fridge so your child can see what you've done - it might encourage them to do the same.
- When your child engages in the planner focus on what they have done, how easy/challenging was it and encourage them to notice any changes in their mood before and after?
- If they are really struggling to plan their day at all – just focus on the things they like doing and think about small steps.