



St Leo's Catholic College

Staying Positive: Ideas to help keep you healthy, happy and strong, look after yourself and each other during remote (home-based) learning, *arranged by the St Leo's Deep Learning Skills (6Cs)*



**Christian
Citizenship**

1. Contact a neighbour or friend and offer to help them

2. Look for the good in others and notice their strengths

3. Do a short meditation, visualisation or mindfulness activity

4. Perform three random acts of kindness today

5. Respond positively to everyone you interact with

6. Thank three people you are grateful to and tell them why



Creativity

7. Sketch or paint a familiar object from a new perspective

8. Immerse yourself in a book or movie, or learn something new

9. Listen to a playlist or artist you haven't heard for a while

10. Cook or bake something (or learn to)

11. Find a quiet place and focus on deep breathing for 5 mins

12. Dance to your favourite song like nobody's watching



Character

13. Share your feelings with someone and ask for help if you need it

14. Do a chore someone else usually does without being asked

15. Get active, such as a walk or St Leo's Online Gym session

16. Write down ten things you are grateful for

17. Tidy your room, organise your desk or sort your school notes

18. Set yourself a daily routine - and stick to it



Communication

19. Call a friend or loved one and really listen to them

20. Make a point of being positive when speaking to others

21. Message someone you haven't contacted for a while

22. Put your devices away and spend time talking to your family

23. Schedule time for face to face or virtual catch-ups

24. Think of ways you could improve your live video presentation



Collaboration

25. Make plans with friends for whenever you next meet

26. Join with someone for a team sporting or video challenge

27. Bounce thoughts and ideas off others when you are stuck

28. Challenge someone to a board, card or online game

29. Find a new app worth sharing with friends or family

30. Change things up - invite someone new to join a group chat



**Critical
Thinking**

31. Play a word game such as a crossword, hangman or trivia

32. Critically analyse your worries and put them in perspective

33. Get plenty of sleep & eat well to stay healthy / think clearly

34. Remind yourself that everything will pass in time

35. Look for and share some positive news stories

36. Make progress on a project or take a step towards a larger goal



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Academic

1. Personalise your St Leo's Remote Learning Daily Routine

2. Set up a dedicated, organised study space to maximise learning

3. Browse St Leo's on-line resources or join the Virtual Book Club

4. Learn a language online - a few words or phrases each day

5. Find an online study buddy to review work with

6. Take advantage of the many study apps available



Spiritual

7. Join in with a St Leo's online prayer session

8. Pray your own daily Examen. Reflect on what you're grateful for

9. Do a meditation, such as the St Leo's Virtual Meditation

10. Keep a journal of your thoughts and feelings

11. Connect to your local parish online while churches are closed

12. Spend some time outside connecting with silence & nature



Physical

13. Do a St Leo's Online Gym session

14. Plan and cook a healthy meal or snack for your family

15. Go for a walk or jog, enjoying the weather and outdoors

16. Create a family indoor or outdoor fitness circuit

17. Try an online ball or sports challenge - or set our own!

18. Do a chore that helps keep you fit e.g. vacuuming, mowing



Cultural

19. Live stream a concert or do a virtual art gallery tour

20. Use YouTube to learn an instrument, craft or visual arts skill

21. Try an online dance challenge - or create your own!

22. Create a short iMovie or start a YouTube channel

23. Download a stop animation app and create a short story

24. Google the lyrics to a song you don't know and sing it out loud!



Social Emotional

25. Check in - let your Mentor Teacher know how you're going

26. Take the [BITE BACK](#) or [myCompass](#) mental challenges

27. Take time out for self care - be kind to yourself!

28. Try a mindfulness or relaxation app e.g. Calm, Smiling Mind

29. Enjoy time with your pet - play with, walk, pat or hug them

30. Do you want to talk or need help? [Support services](#)



Environmental

31. Connect with nature. Notice the beauty and breathe

32. Try to reduce your energy, water & paper usage while at home

33. Set up a compost bin or worm farm

34. Water the plants, do some gardening or just enjoy the greenery

35. Try to eliminate or reduce disposables and single use items

36. Research what environmental groups are in your local area