

Stress Buster Timetable

We understand how difficult it has been to prepare for the return to school, so we are sharing some stress-busting ideas to help make the transition back be as stress-free as possible. This can really help you and your pupils have a healthy balance of school work and finding ways to support your mental health during this intensely difficult time. Of course, it's unlikely that your school will be able to do all of these, but we hope it inspires some other creative ideas to add to your timetable.

	Monday	Tuesday	Wednesday	Thursday	Friday
Start of the day	Circle time	Circle time	Circle time	Circle time	Circle time
Morning			Mindfulness		Rounders
During lunch break	Make a self-soothe box	Listening to music	Daily mile	Buddy bench	
Afternoon	Mindfulness			Outside club	
After school		Volley ball	Virtual film club		Virtual quiz

Self-soothe box

Creating a soothe box to help pupils feel more relaxed when feeling anxious. Add things to help focus your mind on.

Circle time

Start the day with circle time. Focus on the things you are looking forward to now you are back at school.

Outside club

Set up a outside club and spend time gardening, building team models and problem solving assort courses.

Mindfulness sessions

5/10 minute slots throughout the day to help ground young people. You could use our Find your Balance activity resource.

Buddy bench

Having a buddy bench for support and chats about how you are feeling from a safe distance.

Daily mile

Getting as many students and staff as possible to run for one mile/kilometer. No need for PE kits, just some quick exercise and fresh air.