

Éabha's Tips

From one 9yr old to another!

How to stay Motivated

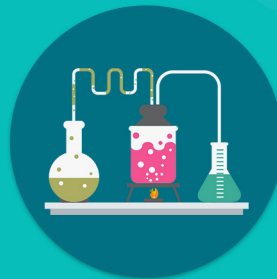
Some links to get you started:



Exercise



Dancing



Science



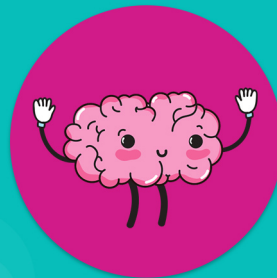
Art



Online
summer camps



Healthy
eating



Mental
Health

If you still aren't sure where to start why not:

1. Talk to your Mum or Dad.
2. Video call your cousin or a friend and make the plan together.
3. Talk to your teacher and maybe your class can do some of these things for the summer break.
4. Talk to your granny or your aunty/uncle maybe they are easy to talk to.

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Tips to stay Motivated

1 Routine

Decide what your daily routine is and write it out. Stick it up on the fridge or in your room. Try to follow this plan each day. Remember at the weekend you need a different routine—no homework!

2 Exercise

What exercise do you like? Look up on Google for inspiration. I walk around my house and do Jo Wicks.

3 Outside play

It's good to get vitamin D. So you can go outside and play. Playing outside is fun & boosts your happy beans.

4 Stay productive

Staying productive is really good right now because there's no school or activities. Staying productive means doing stuff. For example, help out with the house work.

5 Healthy eating

Even though you're eating healthy you'll still find nice things to eat. Pick some of your favorite foods and eat less or buy healthier versions. For example, low fat yogurt in your smoothie.

6 Stay connected

It's important for your mental health to stay connected. That could mean talking to your friends on video call. I recommend just talk kids you can take pictures, record your voice, ring, text and video call.

7 Family time

It's important to have family time. That could mean family meals, family games or a family meeting. For example, board games, we are starting to play cricket and having dinner together.

8 School Timetable

We are all at home so that means school at home. It's important to do school so make a school timetable. Write everything down you have to do that week then complete them one by one.

9 Treat yourself

Treat yourself—YOU ARE SPECIAL. Take time to rest and get good sleep. For example, have a PJ morning, with some chocolate and a nice TV time. Include all the family if you can!

10 Find a new hobby

Finding new things to do is fun and helps you stay motivated – it is GREAT. For example, dancing, art, sports in your garden or a nearby park. There are even some online summer camps — talk to your parents if you want to sign up for one.