



# St. Kevin's College Guidance Newsletter

Wednesday 29th April 2020

Dear Students,

With all of the news swirling around us and all of the speculation around what will happen next with the lockdown measures,

## **The theme of this week's newsletter is 'Looking After Yourself'.**

In this newsletter, we will look at ways to look after ourselves at home, of course keeping within the laws around social distancing!

Don't forget that your teachers are looking forward to hearing from you. Don't hesitate to ask them for help if you need it. It has been a long stretch since we were all together in the building. Keep your study momentum going as much as you can.

Please get in touch if you have any questions or any suggestions for the Guidance Newsletter. Email: [lauraoflanagan@stkevinscollege.com](mailto:lauraoflanagan@stkevinscollege.com)

Warmest regards,

Ms. O'Flanagan  
Guidance Counsellor

# CREATE A GRATITUDE LIST



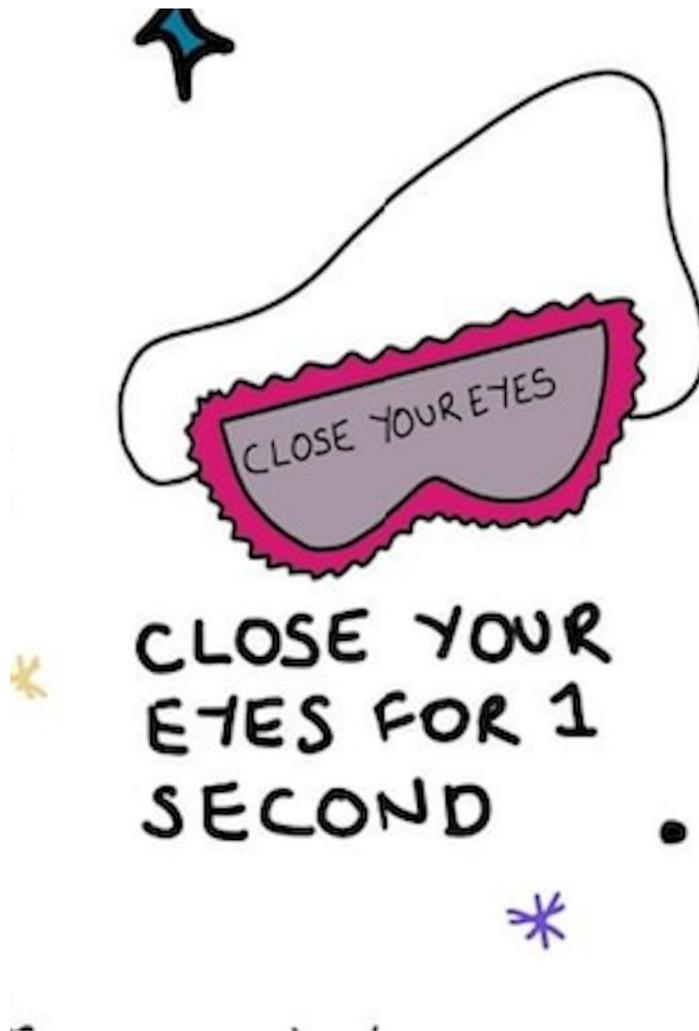
Get a pen and paper and write a list of the things you are grateful for in your life.

This will help you to notice the everyday things that you may take for granted. With all of the things we are not able to do, and all of the people we are not allowed to see, there are still many things that can make us happy. Maybe your pet?

Your siblings? The nice weather?

That new programme on Netflix?

Whatever comes to mind when you think of the things that are making you happy at the moment.



Take a second to pause. If you are busy with schoolwork, or housework, or maybe you just need a second to take a breath. Close your eyes and breathe. You are doing your best in a difficult situation, it's a global pandemic! Give yourself a second to breathe and to pause.



We are allowed to go outside and stay within 2km of our homes.

Have a look at  
[www.2kmfromhome.com](http://www.2kmfromhome.com)  
to see where you are allowed to go.

Walking outside, notice nature, feel the air on your skin. Walking can help us to clear our minds, it keeps our body moving and it can help us to feel good.

(Remember we must stay 2m apart from other people and we must not gather with people who don't live in our houses with us.)



Reading can transport us to another place, it can entertain us, it can make us laugh, inspire us, make us cry.

Reading can be a great way to keep us busy during lockdown.

Do you have a book in your room that you have been meaning to read? Do your parents or your siblings have a book that they could recommend for you?

Why not set aside 30 minutes per day to read?



*Some ideas on how to be creative at home:*

**Baking**

**Cooking**

**Gardening**

**Writing – stories, poems, songs**

**Drawing**

**Film-making on your phone**

**Teach your dog some tricks**