

When trying to think about how we can support ourselves, our families, our communities and our country in the coming weeks, it can be helpful to remind ourselves of these three key messages:

- Stay Responsible & Informed
- Stay Active & Connected
- Stay Positive & Calm:
- We have created links to a range of resources which you may find useful:

The Department of Education National Educational Psychology Service (NEPS) have many resources that you may find useful while the school is closed. These resources can be found on the Department website [here](#)



### Plan for a Day

A plan for the day template is available [here](#) to help you and your child put a structure on the day. It suggests trying to have a schedule, creating time for fun activities, time for learning, break times and time for physical activity.



### Advice for Young People

NEPS has published *Advice for Young People while Schools are Closed* which is available [here](#)



### Relaxation Techniques Podcast

[This link](#) will take you to a podcast from NEPS to help parents and pupils practise relaxation techniques.



### Advice for Parents

NEPS has also published *A Guide for Parents on Supporting Children and Young People with Daily Routines while Schools are Closed* which is available [here](#)

