

## Wellbeing Resources from 10<sup>th</sup> April E-Bulletin

### Keep Calm, Stay Wise and Be Kind: Coping Calendar

This Coping Calendar has 30 suggested actions to look after ourselves and each other as we face this global crisis together.

Download it as an image for sharing or a PDF for printing. Pass on to others and help spread the word!

Visit: [www.actionforhappiness.org/coping-calendar](http://www.actionforhappiness.org/coping-calendar)

### Online Museum Activities for Families from Kids in Museums

Kids in Museums are publishing a weekly round-up sharing the best online activities for children and families.

If you have any similar activities to share, let them know: [getintouch@kidsinmuseums.org.uk](mailto:getintouch@kidsinmuseums.org.uk)

Take a look at the articles so far at: [kidsinmuseums.org.uk/news](http://kidsinmuseums.org.uk/news)

### Guidance on Working from Home and Remote Working from Esmée Fairbairn

Esmée Fairbairn Foundation, one of the largest independent grant-makers in the UK, have put together a comprehensive list of video conferencing tools and how to use them, document sharing platforms and general advice on working remotely.

It's an easy to access overview of what's out there to support organisations working from home.

Take a look at: [www.esmeefairbairn.org.uk/remote-working](http://www.esmeefairbairn.org.uk/remote-working)

### The Isolation Experts' Guide to Lockdown Living

Interesting article from The Guardian:

'It can feel daunting to think about the weeks ahead. But many people have not only lived but thrived in similar circumstances. A polar scientist, a monk, a solo sailor and more offer tips...'

Read the article at:

[www.theguardian.com/lifeandstyle/2020/apr/01/start-a-daily-routine-and-make-the-weekends-different-the-isolation-experts-guide-to-lockdown-living-coronavirus](http://www.theguardian.com/lifeandstyle/2020/apr/01/start-a-daily-routine-and-make-the-weekends-different-the-isolation-experts-guide-to-lockdown-living-coronavirus)