



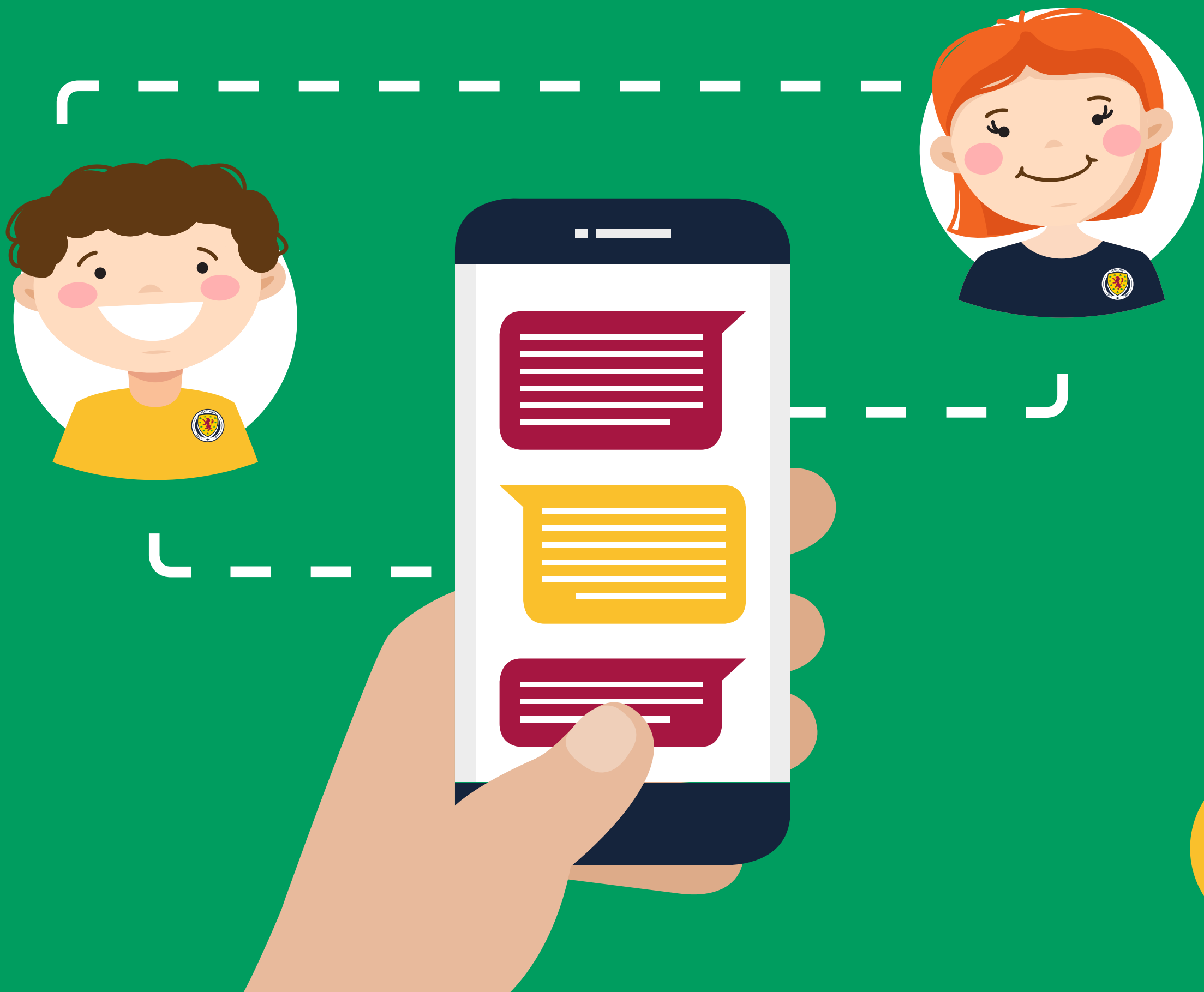
Staying at Home Without Football

This is a strange time which is a little scary for us all but we need to make sure we look after our bodies and minds.



LOOK AFTER EVERYONE

With teams not being able to train, and us not being allowed to go to school or play football in our local parks, it is more important than ever to stay connected and look after our friends and teammates as well as ourselves.



STAY CONNECTED

One of the hardest parts of the current situation is not being able to see our friends. FaceTime and WhatsApp allow us to video call so check in with your friends and teammates regularly to make sure they are doing okay. Social media can be great, but make sure you are safe online.



FOOTBALL AND FITNESS

We are allowed outside to exercise once a day-so use this opportunity to get some fresh air and keep your fitness levels up. Set yourselves challenges you can challenge yourself or your friends.

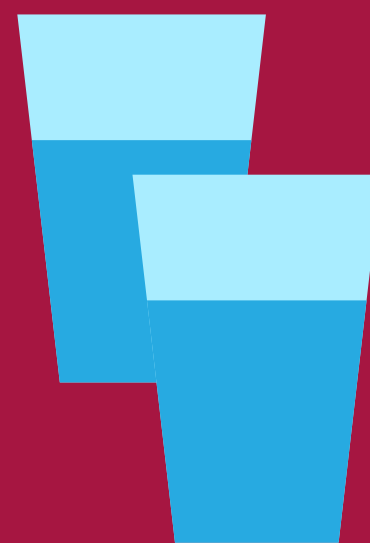
There are videos available on  [@ScotlandNT](#) to get you started and we would love to hear from you if you create your own competitions.



YOUR WELLBEING

Being off school and not allowed to go to the park can be frustrating. Try to maintain your normal routine by getting up and going to bed at your normal times to aid your sleep quality.

Ensure you are drinking plenty of water and eating well including your 5 a day.



If you are struggling there are lots of places with really useful information:



TEEN MENTAL HEALTH
teenmentalhealth.org/



YOUNG SCOT
young.scot/campaigns/national/coronavirus

