



ST ANDREWS  
INTERNATIONAL SCHOOL  
BANGKOK

A NORD ANGLIA EDUCATION SCHOOL

# *Virtual School Experience* **Wellbeing Guide**

When learning from home it is important to maintain a healthy lifestyle and try to have a similar routine as you would at school with a mixture of work styles and being active.

**When working at your desk:**



- Look at the task: How much is being online really needed?
- Stay hydrated: Have water near your workstation.



- Stand up and stretch/ walk around every 30 mins when appropriate.
- Deskercise!



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## **During break and lunch times:**



- Exercise
- Walk around your home
- Talk to friends
- Eat healthy snacks and lunch
- Plan your weekly menu
- Put on music, sing and dance
- Meditate
- Cook some food
- Do some gardening
- Take some photos and create a photo journal
- Make some art, paint, DIY crafts
- Clean your room





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Make your workstation healthy and appealing:

- Allow for sunlight and fresh air
- Have a plant nearby
- Have positive images nearby that make you happy
- Post your schedule/timetable in easy view
- Space to move around
- Have an appropriate chair to work in.
- Keep your working area clean and tidy



	Reg 07:45	P1 08:00	P2 09:00	P3 10:30	P4 11:30	P5 12:30	P6 13:30
Mon	Reg Allen L 3rd Gold	Thai Mol S 3rd Gold	Geography Paul A 2nd Gold	PE Anna S 4th Gold		English Lucy P 3rd Blue	Science Sammy W 4th Red
Tue	Reg Allen L 3rd Gold	Thai Mol S 3rd Gold	History Simon C 2nd Gold	Science Sammy W 4th Red		Dance Jennifer C 5th Blue	Music Wan P 5th Blue
Wed	Reg Allen L 3rd Gold	Technology Matt B 2nd Red	Maths Jessica M 4th Blue	Science Sammy W 4th Red		Swimming Wan C 5th HS	English Lucy P 3rd Blue
Thu	Reg Allen L 3rd Gold	Maths Jessica M 4th Blue	Art Karen L 5th Red	Drama Sammy W 4th Blue		Maths Jessica M 4th Blue	English Lucy P 3rd Blue
Fri	Reg Allen L 3rd Gold	PSHE Allen L 3rd Gold	Technology Matt B 2nd Red	Spanish Teresa S 3rd Gold			Music Wan P 5th Blue