





My Wellbeing

Wellbeing describes a state of overall mental and physical health, strength, resilience and fitness to function well. To ensure good wellbeing we encourage the 5 Ways to Wellbeing. Some of the tasks below you may have completed during our last offline learning day. Try to pick a different one this time.

<p style="text-align: center;">Connect</p> 	<p style="text-align: center;">Be Physical</p> 	<p style="text-align: center;">Keep Learning</p> 	<p style="text-align: center;">Helping others</p> 	<p style="text-align: center;">Taking Notice</p> 
<p>Do a performance. Can you act, sing, dance or play a musical instrument or want to brighten up our day by entertaining us in some way? Maybe you could write and recite poem. Send us video clip of your performance.</p>  <p>Playing board games and card games is an excellent way to connect as a family. Spend an hour playing a game with a sibling or plan a family games night for you all to enjoy at a later date.</p>	<p>Download the Strava app, plan yourself a route and then record yourself on a 30 minute walk, run or cycle. You can even try to create a picture with your route!</p> <p>https://www.strava.com/</p>  <p style="text-align: center;">Or</p> <p>Select 5 dances from the below link to complete or use your gaming device (Switch/Playstation, etc.) to get moving and dance within this hour! You could compare the dances and score you achieved with your friends!</p> <p>https://www.youtube.com/channel/UCJiW4BWKLqoJTrStX0mg</p>	<p>Make an origami lucky star. The origami star is different from other traditional origami models because it is folded with a long, thin strip of paper instead of a square.</p>  <p>https://www.thesprucecrafts.com/how-to-make-origami-lucky-stars-2540914</p> <p style="text-align: center;">Or</p> <p>How many of these do you have? 22 Skills Every Kid Should Have By the Time They're 10</p> <p>https://www.fatherly.com/paper-22-skills-every-kid-time-theyre-10/</p>	<p>Do a family chore- Spending quality time with your family is important. There will be jobs that someone hates to do, offer to share that job, or do it for that person. For example, ask how the washing machine works and put some of your washing on, help your family with the cooking for dinner, or even better wash the dishes or empty the dishwasher. Take the rubbish out. There are lots of jobs that you could do to help that someone else and make their day.</p> <p>Spend an hour helping with some jobs around the house you don't normally do. Maybe you could sort out the kitchen cupboards!</p> 	<p>Scavenger Walk- Embrace the outside – go for a walk and take a good look around you. What can you see? What do you notice? What is the air like, the sky, pathways, pavements and countryside? A 60 minute walk is really good for improving your mood, strengthening muscles and improving balance and conditioning. You can download and print off a scavenger hunt and try and identify as many things as you can:</p> <p>http://www.treetoolsforschools.org.uk/activitymenu/?cat=scavenge</p>