



Five ways to wellbeing

How do you keep yourself healthy?

- Getting enough sleep
- Eating healthy food
- Brushing teeth regularly
- Getting plenty of exercise



Check out the Fitness Challenge video on the Worship page of the academy website!



...but how do we keep our minds healthy?

- Just like our body, we need to look after our mind, so that we can feel as good and happy as possible. This gives us a positive sense of wellbeing.
- Mental health is about how you think and how you feel
- It is your ability to cope with what is happening in your life
- It is about being flexible and 'going with the flow'
- It is about being able to deal with your worries so that you can learn and enjoy things



Well-being Day Aims

- The aim for today is to **choose activities** that will promote your wellbeing.
- We would like you to have some time away from your device if possible.
- In the PowerPoint, we are going to explore some suggested activities for today and a link is provided to our wellbeing booklet on the school website. **<https://www.venerablebede.co.uk/wp-content/uploads/2021/02/StayInWithin4.pdf>**
- For some people, you might feel that catching up on work would promote your mental health, and that is fine.
- For others, it might be that you would like further activities related to your subjects. Your teachers have left some wellbeing tasks in department folders. These can be accessed through FOLDR in the usual way.
- **The choice for today is up to you!**



PHOTO CONTEST

- We would like to document our wellbeing day with a picture collage. Prizes are available for the best photograph of “Wellbeing in Action”
- These could be, photographs of you taking part in a wellbeing activity or if you don't like having your photo taken, they could be photographs of a task/activity that you have completed or created without anybody in the photo.
- Please send any photograph entries to Ms Holt,
- **Email Ms Holt**





Five ways to wellbeing

Here are 5 ways to wellbeing -
it's like your mental health '5 a day'.

- The five things are:

Give
Connect
Be active
Take notice
Keep learning



Give



Your time,
your words,
your presence

- **Give...do something nice for a friend, a family member or someone at school or in the community; give a smile, thank someone, give your time, give a compliment.**
- **Giving can make you feel good inside**



Saying Thanks

- **As a starting activity to Wellbeing Day we would like you to practice “giving” by saying thanks to someone in school.**
- **Think about an adult in school who “has gone the extra mile” for you. It doesn’t have to be a teacher, it could be; a dinner lady, a cleaner, an LSA or any other adult..**



Saying Thanks

- Visit the following website:
www.thankateacher.co.uk
- Click the “send a card” link at the top of the page.
- Complete all the sections – don’t forget to include an appropriate message.
- Staff e-mails are always
(firstname.surname@venerablebede.co.uk)



Connect



TALK & LISTEN,
BE THERE,
FEEL CONNECTED

- **This means talk to your friends,**
 - **your family and school staff; listen,**
 - **ask questions and share ideas.**
-
- **Having someone to talk to is very important for your mental health and emotional wellbeing**



Be Active



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

- **Be active – walk, cycle, swim, run, dance, play a game, take the dog for a walk; exercising makes you feel good**
- **We know that exercise is a great way of improving our feelings as well as improving our fitness.**
- **Find something you enjoy and do it often.**



Take Notice



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

- **Take notice – means taking time out to look at the world. It means being calm and slowing down and being more aware about what we are doing.**
- **Sometimes we are too busy to focus on the little things that are going on around us, or that people do for us.**



Keep Learning



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

- **Keep learning – try something new; join a club; learn to play an instrument; learn to cook; learn a new skill**
- **Learning new things can make you more confident and interesting as well as being fun**





Things you could do on wellbeing day:

Plan an Escape Rooms hunt

Choose a room in the house, whether it be your bedroom or the living room, and write a series of clues which leads to the next clue. Only when the players find the code can they "unlock" the door to escape.





Camp out - inside

Have a sleepover in your living room or build a den!



Have a movie day or night

How many films can you watch back to back? Don't forget the popcorn!

Choose a positive word and create an acrostic poem naming something you are grateful for, for each letter of the word.



Think of three things that you look forward to achieving in 2021.

- **Turn these ideas into a poster or drawing.**



Go on a mindfulness walk

Stand still and take several slow, deep breaths, which will help your body to relax. Soften your focus and look at the ground in front of you. Smile. Smiling signals to the brain that something nice is happening. Walk slowly, focusing on the movements that go into each and every step. While walking, pay attention to what you see, smell and hear. Stop from time to time to notice interesting objects or sounds. At the end of the walk, stop and stand still again, and take a few deep breaths. Remember to smile at the end as well!



Express yourself!

Using a medium of your choice (photography, drawing, painting, music, dance, make-up artistry, writing), express how you are feeling about the current health situation.





Read, Steady, Bake!

Cookies, cake or what ever takes your fancy!

Create a gratitude jar

Draw a picture of a jar and write inside all of the things you are grateful for





Create a list of your top 10 favourite songs of all time

How many times can you listen to them?



Try some yoga

<https://www.youtube.com/watch?v=v7AYKMP6rOE>



Get active with some online PE lessons

<https://www.youtube.com/watch?v=BdSjgVfRECY>



Break a world record

<https://www.youtube.com/watch?v=hEjGOelXnvM>



Make an origami elephant

<https://www.youtube.com/watch?v=-J39ZorCtJw>



Complete wellbeing activity workbook

Have to stay in?
Go within!



A little pack of self discovery activities to
help you grow in the face of adversity.

With love and solidarity xxx

**Please follow the link
below to the
Wellbeing activity
book:**

<http://bit.ly/VBSiW21>