

Hello everyone,

Five Ways to Wellbeing



This is a difficult and stressful time for us all and we are all being presented with lots of challenges. I hope that our weekly phone calls are useful and let you know that we are here to support you and your family.

At this time it is important that we all remember to look after our emotional health and wellbeing.

Below are the five steps to positive mental wellbeing with some ideas that you may find useful:



1: Stay Connected:

This could be friends, family or teachers when we call, encourage your young person to chat to us. If possible use IT to talk to friends and grandparents.



2: Be active:

Look at the activities on our home learning page, have a go at Joe Wicks PE sessions, try yoga take a look at yogawithadriene.com > [yoga-for-kids](http://yoga-for-kids.com) or www.cosmickids.com

There are lots of websites for physical activities

Remember the calming activities too. Here are some mindfulness exercises you may find useful to use with your young person:

Mindful Posing:

Have the young person go somewhere quiet and familiar, a place they feel safe.

Next, tell them to try one of the following poses:

The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.

The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips.

Jump rope: Set a timer for 2 minutes, put on some music, and challenge your young person jump to the beat of the song.

Blow bubbles: Blowing bubbles can help your young person gain control of

their breathing. Look in this week's Maths folder and make the bubble snake.



3. Take notice: Be aware of what's around you.

Sit somewhere quiet and see how many different sounds you can hear.

If you have a garden or outside space sit out and try and find something you have not noticed before.

Use the activity below on your daily walk and turn it into an exciting new adventure.

The Safari exercise is a great way to help young people learn mindfulness.

Tell your young person that you will be going on a safari: their challenge is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them.



4. Keep Learning: Try and learn something new, take up a new hobby, how about that Yoga!!

You will find lots of resources on the KS4 Home Learning page of our website.
<http://ellentinkham.devon.sch.uk/homelearning/category/ks4/>



5. Give: Giving makes us all feel good.

Say something nice about others in your family

Draw and colour Rainbows to put in your windows.

Encourage your young person to join in the clap for carers on Thursday evening.

I hope that you find one of these ideas useful.

Please remember to upload photos of your young person doing the tasks we set onto evidence for learning if you can.

Stay safe and well, looking forward to speaking to you all soon.

Pam

Key Stage 4 lead