



# Wellbeing Wednesday

8<sup>th</sup> July 2020

# What is 'Well-being Wednesday'?

Usually in the last few weeks of the summer term, pupils and staff would be enjoying time out of the classroom, taking part in various events and trips.

We think you have been working really hard in your Teams lessons, so we want to give you a day's reward away from the virtual classroom.

On Wednesday 8<sup>th</sup> July, there will be no lessons for Years 7-9 and a reduced timetable for Year 10 and the Lower Sixth.

Instead of Teams lessons, we are giving you a menu of activities to pick from that you can enjoy with your families, friends and neighbours.

They are designed to help your own well-being as well as to have a positive impact on the people you care about.



# What is well-being?

There are lots of complicated definitions of well-being, but in essence it is about a healthy body, a healthy mind and healthy relationships.

We will be using these 5 ideas to structure our activities menu.

**FIVE WAYS TO WELLBEING**

- GIVE**  
Your time. Your words. Your presence. Do something kind.
- KEEP LEARNING**  
Embrace new experiences. See opportunities. Surprise yourself.
- BE ACTIVE**  
Exercise. Dance. Play. Enjoy what you do. Move your mood.
- TAKE NOTICE**  
Remember the simple things that give you joy. Be curious. Be aware of what is going on around you.
- CONNECT**  
Talk and Listen. Be there. Feel connected.

# What is involved?

- We will ask you to select one activity from each of the five categories to complete on Wednesday 8<sup>th</sup> July.
- We would love to see your stories, pictures, thoughts, videos and other creations from these activities if you want to share them with your form tutor.
- The main aim though is for you to enjoy them!



# Connect.

- Write an email, letter or postcard to a family member, neighbour or friend that you haven't seen for a while, or phone / Facetime them, and outline what you miss about them and what you're looking forward to doing when lock-down is over
- Play bingo / the 'Who am I?' post-it game with your family
- Play charades with your family or friends via video call
- Create / participate in a virtual quiz with your friends or family
- Take cute / funny pictures of your pets and share with family and friends
- Ask an adult to pick a song that they loved when they were your age and listen to it with them.
- Get involved in the Escape2Make Pen Pal project, and be assigned an elderly Pen Pal
- Create a piece of art or music with your family
- Play a board game with your family



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



## 2) Be physically active.

- Go on a bike ride
- Go for a run
- Take the dog for a long walk
- Go on a nature walk
- Run along the beach / paddle in the sea
- Create a circuit in your garden – you could include skipping, juggling, squats, burpees, the plank....
- Have a family sports day: egg and spoon race, sack race, bean bag-throwing....
- Meet some friends for a socially distanced work-out in the park
- Do a yoga session – there is a special LRGS one – see your Year Team on the day
- Do some gardening
- Do a fitness workout
- Play French cricket
- Bounce on a trampoline
- Have a water fight
- Create a dance routine to your favourite song



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



# 3) Learn new skills.

- Learn the numbers up to 10, how to say hello and goodbye and how to introduce yourself in a foreign language
- Learn 10 words or phrases in sign language
- Try following a beginners' YouTube tutorial for knitting, crocheting, finger knitting and create something
- Make a friendship bracelet
- Create a collage with items collected on your nature walk
- Create a mosaic with glass collected on the beach
- Go bird watching and tree-spotting in your local park / forest ....
- Bake some bread / some muffins following a new recipe
- Create some bread art – see focaccia art for ideas
- Sketch / paint / photograph something or someone you love
- Create some pebble art and leave it for others to find
- Create a piece of music – even use pots and pans as your instrument
- Fill glasses with different amounts of water and try to play them to make your own tune
- Do bark rubbings on your nature walk
- Do some junk modelling
- Make a Lego creation
- Try calligraphy – write a beautiful note to a relative or neighbour
- Create some origami animals or stars
- Create a bird feeder for your garden



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



## 4) Give to others.

- Do a household job: cook tea; Hoover; wash the car; mow the lawn; put the washing out; do the ironing
- Give your bedroom a spring clean
- Put together a bag of clothes / toys / books you've grown out of to give to charity
- Treat your family to a picnic – make the sandwiches, cakes etc yourself
- Write a thank you email / letter to a teacher or relative recognising their kindness or support during lock-down
- Pamper your Mum / Dad / sibling with a hand / head massage; make your own face mask
- Make a thank you / miss you card for a friend, neighbour or relative
- Take some of the bread / muffins you made to a neighbour
- Give away the piece of art work / friendship bracelet / mosaic you created
- Film yourself telling your favourite jokes / singing your favourite songs and send it to a friend, neighbour or relative
- Volunteer to mow an elderly neighbour's lawn or wash their car
- Go litter picking in your area / around school
- Help with the weeding / gardening around school
- Create a playlist with your favourite songs and share with a friend



Your time,  
your words,  
your presence





# 5) Take notice - mindfulness.

- Create a time capsule to document your thoughts, feelings and activities during lockdown and bury it in your garden
- Meditate – if you're not sure how to do this, try the Headspace app
- Complete a yoga session – see the LRGS one on your Year Team
- Listen to Classic FM for 10 minutes today
- Lie in the garden and look up at the clouds / stars
- Write a list of all the things you are grateful for and keep it somewhere safe – look at it if you have a down moment
- Take a trip to a place with a view and sit and admire what you can see around you – try to record that moment with a poem, a photo, a diary entry
- Take photos of all the things and people who matter to you and make a collage / scrap book



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



# More fun things to have a go at

- What's the sound of your lockdown? Send Mrs Lamb a link to your favourite lockdown song.
- Do an alphabetical scavenger hunt – can you find something or someone for each letter of the alphabet during the day?
- Go on a virtual school trip – lots of tourist attractions like zoos, safari parks and museums are offering a virtual tour
- Visit a local tourist attraction – Ingleborough, South Lakes Safari, National Trust sites, Leighton Moss – remember to be socially considerate and follow the country code
- Organise a sunflower growing competition with your friends / form – who can grow the tallest one by the end of term?
- Create a veggie patch or plant a windowsill box
- Camp out in the garden overnight
- Finish the day with a hot bubble bath whilst listening to your favourite album

# If you choose to share what you've been up to with school, we will...

- Create a well-being wall online and in school to document what you've been up to
- Select some pupils whose creations, activities or gestures particularly impress us and give out some well-being rewards

# What now?

- Look through the menu of activities with your family and select at least one activity from each of the 5 categories
- If you will need resources to be able to complete your chosen activities, plan ahead to get hold of them in time
- Make a schedule for the day so that you can plan in when, where and how you will achieve these – consult with your family as they may already have plans you need to work around
- Enjoy the day!