Wellbeing

Each week you will be asked to take part in a wellbeing activity (twice a week if you're in year 7 or 8). You will also be asked to reflect on how this activity impacted your mood. This will help you understand the most effective ways for you to look after your mental wellbeing.

What is mental wellbeing?

Mental wellbeing describes your **mental state** – how you are feeling and how well you can cope with day-to-day life. Our mental wellbeing is **dynamic**. It can change from moment to moment, day to day, month to month or year to year.

Why is looking after your mental wellbeing important?

If you have good mental wellbeing you are able to:

- feel relatively **confident** in yourself and have positive **self-esteem**
- feel and express a range of emotions
- build and maintain **good relationships** with others
- feel engaged with the world around you
- live and work productively
- **cope** with the <u>stresses</u> of daily life
- adapt and manage in times of change and uncertainty

If you would like to read more about mental wellbeing a good place to start is https://www.mind.org.uk/.

Below is a list of wellbeing activities for you to choose from. These are a suggestion - you may have other wellbeing activities that you would like to try which are not on this list and we would encourage you to do so. For some of these activities we have suggested a link or example that you may like to try, again, it may be that you find a different example that is more suitable to yourself, so please do not be limited by the list.

Connect or Give

- Talk to someone instead of sending an email or text
- Ask how someone's weekend was and really listen when they tell you
- Call a relative you haven't spoken to for a while
- Write a letter to someone

Be active

- Skipping
- Yoga
- A daily walk – in-line with government recommendations around staying safe and social distancing during lockdown
- Just dance

- Joe Wicks
- Homemade circuits

Take notice
- Guided relaxation https://soundcloud.com/withandrewjohnson/free-relax-with-andrew-johnson
- Have a 'clear the clutter' session
- Mindfulness practice, for example https://www.twinkl.co.uk/resource/t-he-456-mindfulness-challenge-cards
- Take time to notice what is around you, what can you see, hear, feel and smell?
- Write a poem

Learn
- Research and write a general knowledge / pop culture quiz for someone you know or take part in an online general knowledge quiz.
- Read a book
- Do a crossword or a sudoku
- Research something you have always wondered about
- Learn a new word
- Take an online guided museum tour https://hellogiggles.com/news/museums-with-virtual-tours/?utm_source=facebook.com&utm_medium=social&utm_campaign=social-share-article&utm_content=20200314&utm_term=2627516&sfns=mo
- Make some paper planes using different models, which one flies the best?
- Origami
- chess https://www.chess.com/live
- Cook a new recipe
- Learn some sign language
- Arts and crafts – for example https://www.gathered.how/arts-crafts/free-daily-craft-projects-and-patterns-to-lighten-up-your-lockdown/
- Learn a poem – find a poem that you like and learn it. Apps like this one may help https://play.google.com/store/apps/details?id=world.easysolution.learnpoem&hl=en_GB