

We are taking it easy this week as we make a return with our Small Steps and Positive Moves Sessions at the Community Centre

### Monday

Y Exercise - have a try of some Yoga Moves

## Crescent Moon Pose



#### Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Inhale and raise your hands over your head, pressing palms together.
- 2 Exhale and tip your body to one side.
- 3 Inhale and return to standing straight.
- 4 Repeat on opposite side.
- 5 Exhale and lower your arms.

## Elephant Pose



#### Benefits

Stretches legs and back, relieves stress and calms the mind.

- 1 Bend at the hips.
- 2 Let arms hang low then clasp fingers together.
- 3 Swing arms from side to side like a trunk. Swing whole body from side to side to walk like an elephant.

# Rainbow Pose



## Benefits

Stretches arms, abdominals, spine and chest; calms the mind.

- 1 Start on your knees. Raise both hands over your head.
- 2 Drop one hand by your side, exhale and arch your arm over your body.
- 3 Hold this position.
- 4 As you bring your dropped arm back over your head, straighten your body.
- 5 Repeat on other side.

# Chair Pose

## Utkatasana



## Benefits

Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose. (Standing with your feet shoulder width apart and arms by your side.)
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling with your palms facing each other.
- 4 Hold this pose and breathe.

♥ What Music makes you feel chilled out? What do you like listening to to help you relax?

## Tuesday

### ♥ Wellbeing Day

Take some deep breaths 	Go for a walk 	Listen to music 	What do you do to help you chill out?
What makes you feel good?	Watch a film 	Say something positive to yourself 	Imagine a calm place or happy time 
Count to ten 	Play sport 	Go on a bike ride 	Cook 
Have a bath or shower 	Draw a picture 	Play with a pet 	Speak to a friend 
Do a jigsaw puzzle 	Go to a quiet place 	Read a book 	Smile 
Look at photos 	Daydream 	Have a nap 	Plan a day out 

### Social Time

- ① **17:30 - 18:00 All Ages Zoom Activity with Lucy** You will need to download the 'Zoom' App to your PC, Laptop, Tablet or Phone. Please text 07808 842 205 to book in. IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT

## Wednesday

- ✂ Walking Wednesday - where will you go today? Take a photo and let us know where you've been.
- ✓ Well Done Wednesday - have you done something today to get a big thumbs up? Have you helped around the house or gone to visit a family member or friend?

### Social Time

- ① WhatsApp or Zoom Chat Session 30 minute session 5.30pm or 6pm start

IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT. You will receive a message on Wednesday Morning.

## Thursday

- ✂ **Research** - Can you do some research using the internet? Thinking about places you go or where you live can you choose something to find out some information about? Examples could be - The Gala Theatre, Durham Cathedral, Durham Castle, Penshaw Monument, your local church.
- ✂ ***Being able to research is a fantastic skill to have***

### Social Time

- ① WhatsApp or Zoom Quiz Session 30 minute session 5.30pm or 6pm start

IF YOU ALREADY HAVE A WEEKLY PLACE YOU DO NOT NEED TO TEXT. You will receive a message on Wednesday Morning

## Friday

- **Fun Day - Scavenger Hunt (Can you take a photo of everything on our list) Prizes for those who can:**

Ketchup Bottle		Something Cold		An Animal	
Something Smelly		A Sponge or flannel		Something Spotty	
Something you swim in				A Cake or Biscuit	
Something you use to carry things in				A Newspaper	
Something you listen to music on				A Chimney	

- 🕒 **18 and Under Fun Zoom Activity Session with Bryce**  
6pm - Bryce will message you with details of the Activity. If you already have a weekly place you do not need to book in, if you want to join in please let us know.



 All About Me - use the worksheet below or design your own

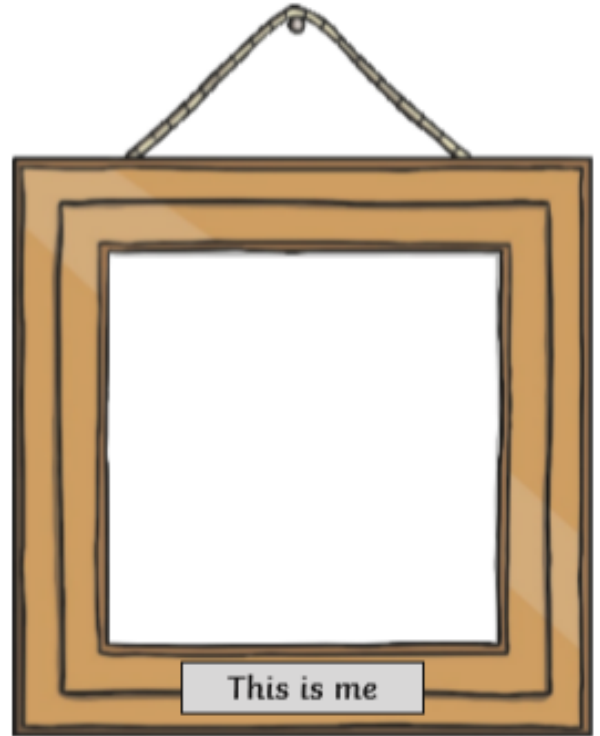
# All about \_\_\_\_\_

I am \_\_\_\_\_ years old

One thing I like is...

One thing I don't like is...

This is my family



My favourite colour is

\_\_\_\_\_

A word that describes me...

## Sunday

♥ Take time out for yourself today 'Stress Free Sunday'

**Enjoy your day - ready for the new timetable tomorrow**

*We hope you enjoy this week's activities*

*If you need any support with them*

*Please just get in touch*

*If you haven't received the activity pack that goes with the timetable of activities let us know and we can arrange to get one to you.*