

Health & Wellbeing Week

Monday

Get up & Move with today's Fitness Challenge **ASDAN & Pawprint**

It is recommended to stay active for 60 minutes (1 hour) during the day. Staying active can mean exercises, doing housework, going for a walk, gardening, going up and down the stairs etc.

See how you do trying to stay active today. Here is a way to get started for you:

Time yourself for 1 minute doing each activity:

- Y Star Jumps
- Y Run on the Spot
- Y Sit on floor, put your arms out to the side and move from side to side
- Y Crouch down into a ball bending your knees and jump up as high as you can
- Y Sit on the floor with your legs out in front of you and try to touch your toes, count 1,2 3, take a deep breath and repeat.

Next Activity:

- 🎵 Put some Music on and dance away – how long can you dance for, try to do it for at least 5 minutes



Joe Wicks: Sixty-Minute Exercise Countdown

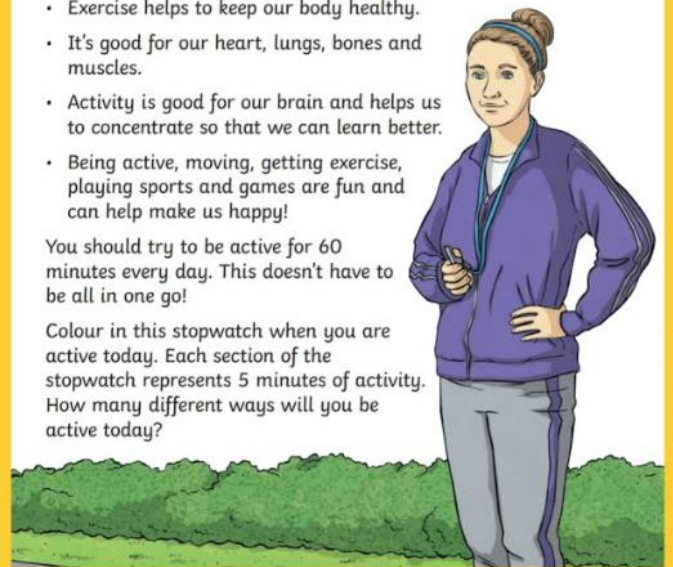
It is important to exercise regularly in order to stay healthy. Staying healthy means looking after your body and mind so that they can do all of their important jobs.

Why is exercise so important?

- Exercise helps to keep our body healthy.
- It's good for our heart, lungs, bones and muscles.
- Activity is good for our brain and helps us to concentrate so that we can learn better.
- Being active, moving, getting exercise, playing sports and games are fun and can help make us happy!

You should try to be active for 60 minutes every day. This doesn't have to be all in one go!

Colour in this stopwatch when you are active today. Each section of the stopwatch represents 5 minutes of activity. How many different ways will you be active today?

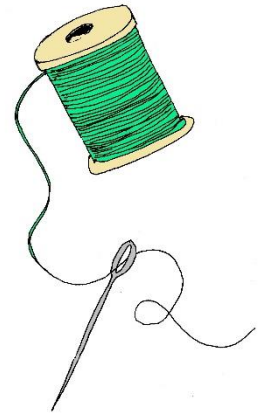


- 🦋 Mindfulness Activity - Complete the 'My Window' Worksheet **ASDAN & Pawprint**

Tuesday

✂ Skills Day - Try a new Activity, trying something new is really good for your wellbeing. Have a go at the activity in your pack (sewing). It doesn't matter if you are not very good at it, sometimes we need to just give things a go.

✂ What else have you tried doing during Lockdown that has been a new activity for you?



Social Time

① **17:30 - 18:00 All Ages Zoom Activity with Lucy STICKY 13's BINGO GAME** 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

🚶 Going for a walk is especially good for your wellbeing, while you are out walking try listening to the different sounds. What can you hear? If you can't go out for a walk try it in your garden.

✂ Colouring In is a fantastic way to support good wellbeing, it is a quiet and relaxing activity that helps focus your mind. Have a go at one of the wellbeing colour in sheets from your pack.

Social Time

① **WhatsApp or Zoom Chat Session 20-30 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

♥ Enjoy a Chill Day doing something that makes you feel good. Have a go at the 'Sleep Wind Down' Activity tonight. Use your eye mask to have some quiet down time.

Social Time


- ① WhatsApp or Zoom Quiz Session 20-30 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


- ① Fun Friday have a go at the Bubble Activity today


Mindfulness Bubbles

Mindfulness Bubbles


 Taking a moment to be calm and relaxed during a busy day can help us feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.



 Using bubble mixture and a bubble blowing wand, blow bubbles into the air using slow, gentle and long breaths.

As each bubble floats away, just watch it. As you watch it, think of something that makes you feel happy. Thinking of things that make us happy can help us to have a good day.



On the bubbles below, draw or write the things you thought about that make you happy.

Well done for taking a mindful moment in your busy day!
How do you feel?

twinkl LIFE Mindfulness | Home Learning | Ages 5-7 | Mindfulness Bubbles visit twinkl.com

- ① Under 18's Fun Zoom Activity Session with Bryce 6pm - please let us know if you would like to join in. Different Activities each week.



✂ Health & Wellbeing Wordsearch

Global Goals: Good Health and Wellbeing

e i t n o i t u l l o p
m l h n z y d p s t s e
o l e r w o h e w h e d
t n n b f y o h g d r e
i e i k s a g n e u i v
o s c i o l i a t i e d
n s c c x e s o c i a l
a a a i b y r u j n i a
l e v l j e h a r e s t
q u l m h e a l t h i n
p e s t u h t e l y r e
w o e v e n i c i d e m

emotional

mental

physical

social

wellbeing

health

rest

pollution

vaccine

medicine

illness

injury

Sunday

♥ Wellbeing is all about being happy, do something today that makes you feel good - what will you do?

*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.