

# **BROADHEMPSTON WELLBEING WEEK**

## **WHEN**

**1st February - 7th February  
AND BEYOND**

## **WHERE**

**@ home**

**Please post any photos/videos of your wellbeing week to your Teams page and Miss M will be collating and creating a 'Broadhempston Wellbeing Week' video at the end of the week, We can get through this together!**

**ALL AGES  
EVENT**

**SCHOOL COMMUNITY**

**Everyone coming together when times get tough**

**MINDFULNESS**

**Use positive strategies to help us to see things differently**

**POSITIVITY**

**Recognising the little things in life to help us to find happiness in each day**

**BELIEVING**

**Work hard at your goals and believe in yourself**

# **MONDAY**

## **1ST FEBRUARY**

### **MINDFULNESS PODCASTS**

**LISTEN TO NOAH GLENN'S MINDFULNESS PODCASTS FOR CHILDREN:**

**[HTTPS://LIKEYOUPODCAST.COM/](https://likeyoupodcast.com/)**

**NOAH GLENN WAS INSPIRED, BY HIS TWO DAUGHTERS, TO CREATE THIS WEBSITE.**

**CREATE YOURSELF A COSY DEN AND SNUGGLE DOWN TO LISTEN TO SOME MINDFULNESS PODCASTS. PLEASE POST ANY PICTURES OF DENS TO YOUR TEAMS PAGES.**



# TUESDAY

## 2ND FEBRUARY

### GET ACTIVE

**WE ALL KNOW EXERCISE IS GOOD FOR YOUR BODY, BUT IT CAN BE GOOD FOR YOUR MIND TOO.**

**CHOREOGRAPH YOUR OWN DANCE OR GYMNASTICS ROUTINE.**

**EXPRESS YOURSELF THROUGH THE DANCE MOVES; CHOOSE MOVES THAT MEAN SOMETHING TO YOU.**

**PLEASE POST VIDEOS OR PHOTOGRAPHS ONTO YOUR TEAMS PAGE.**



# WEDNESDAY

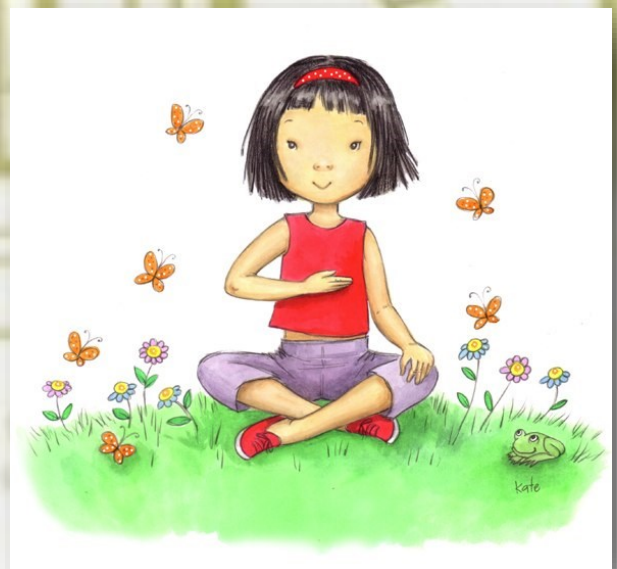
## 3RD FEBRUARY YOGA AND BREATHING

### CONNECTING YOUR BODY AND YOUR- BREATHING

**MANAGE YOUR EMOTIONS BY TRYING OUT THESE  
BREATHING ACTIVITIES.**

**[HTTPS://WWW.YOGAJOURNAL.COM/MEDITATION/BREATHING-  
EXERCISES-HELP-KIDS-MANAGE-EMOTIONS/](https://www.yogajournal.com/meditation/breathing-exercises-help-kids-manage-emotions/)**

**SEND PHOTOS OF YOUR FA-  
VOURITE RELAXATION SPACE.  
YOU MAY WANT TO SEND PHO-  
TOS OF YOU PRACTISING  
YOUR BREATHING TOO!**



# THURSDAY

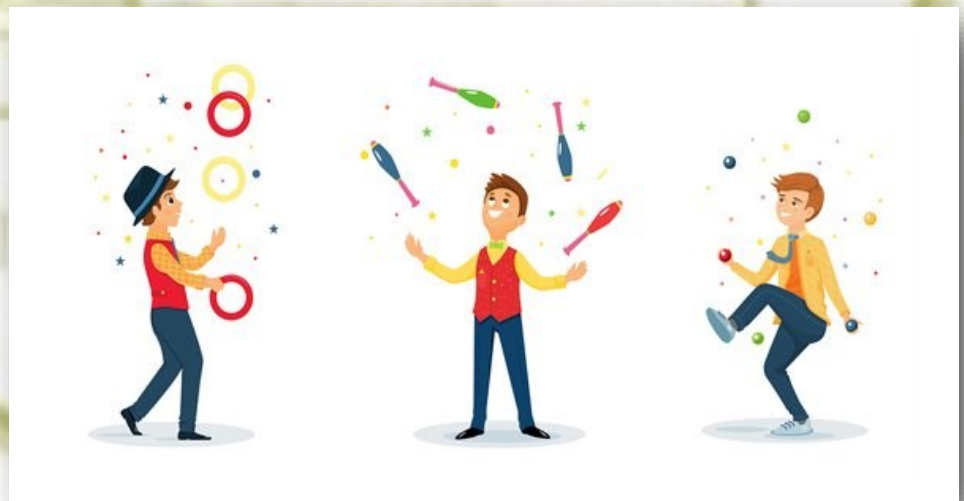
## 4TH FEBRUARY LIFELONG LEARNING

**LIFELONG LEARNING KEEPS OUR BRAINS HEALTHY, AND THE SENSE OF ACHIEVEMENT WE GET FROM LEARNING SOMETHING NEW CAN BE GREAT FOR OUR MOOD.**

### **LEARN SOMETHING NEW!**

- **SEWING**
- **DRAWING**
- **GARDENING**
- **IT SKILLS (POWERPOINT)**
- **JUGGLING**
- **CYCLING**

**PLEASE TAKE PHOTOS OF YOU COMPLETING YOUR NEW SKILL! HAVE FUN AND STAY RESILIENT...IT MAY NOT BE EASY BUT IT WILL BE WORTH IT!**



# **FRIDAY**

## **5TH FEBRUARY AND BEYOND...**



**HABITS BECOME ENGRAINED IN THE MIND. MAKE POSITIVE HABITS. START NOW.**

**6 MINUTES A DAY...**

**3 MINUTES IN THE MORNING:**

**TO WRITE DOWN/TALK ABOUT 3 THINGS THAT YOU ARE GRATEFUL FOR (IT MAY BE AS SIMPLE AS YOUR FLUFFY SOCKS!)**

**3 MINUTES IN THE EVENING:**

**TO WRITE DOWN/TALK ABOUT 3 OF THE GREATEST THINGS THAT YOU HAVE EXPERIENCED THAT DAY (THIS COULD BE A YUMMY ROAST DINNER!)**

**TAKE SOME PHOTOS/VIDEOS OF THE THINGS THAT YOU ARE GRATEFUL FOR AND POST THEM ONTO YOUR TEAMS PAGE TO SHARE WITH OTHERS!**

**YOU ARE ALL AMAZING!**