

Well-being

I hope you had a go and enjoyed some of the activities linked last week. This week's weekly well-being activities are linked below.

Every week we encourage that your child choose at least 2 activities to complete over the course of the week. Time before lesson routines, as a break from lesson content or at the end of the typical school day (3.15) are all possible times to take up one of the activities. This week's well-being options are:

- **Be active**—Run or walk.

Can you challenge you self to walk or run at least 1 mile a day? OR a certain distance every week? OR a certain distance every Wednesday? OR step count? OR laps of your garden?

As you can see there are lots of options. Make sure you get permission from your parents if you are leaving the house for your daily exercise.

- **Create** -A **mantra** is a motivating chant, like the "I think I can, I think I can" you repeat over and over to yourself on the last stretch of every marathon you run. A **mantra** is usually any repeated word or phrase, but it can also refer more specifically to a word repeated in meditation.

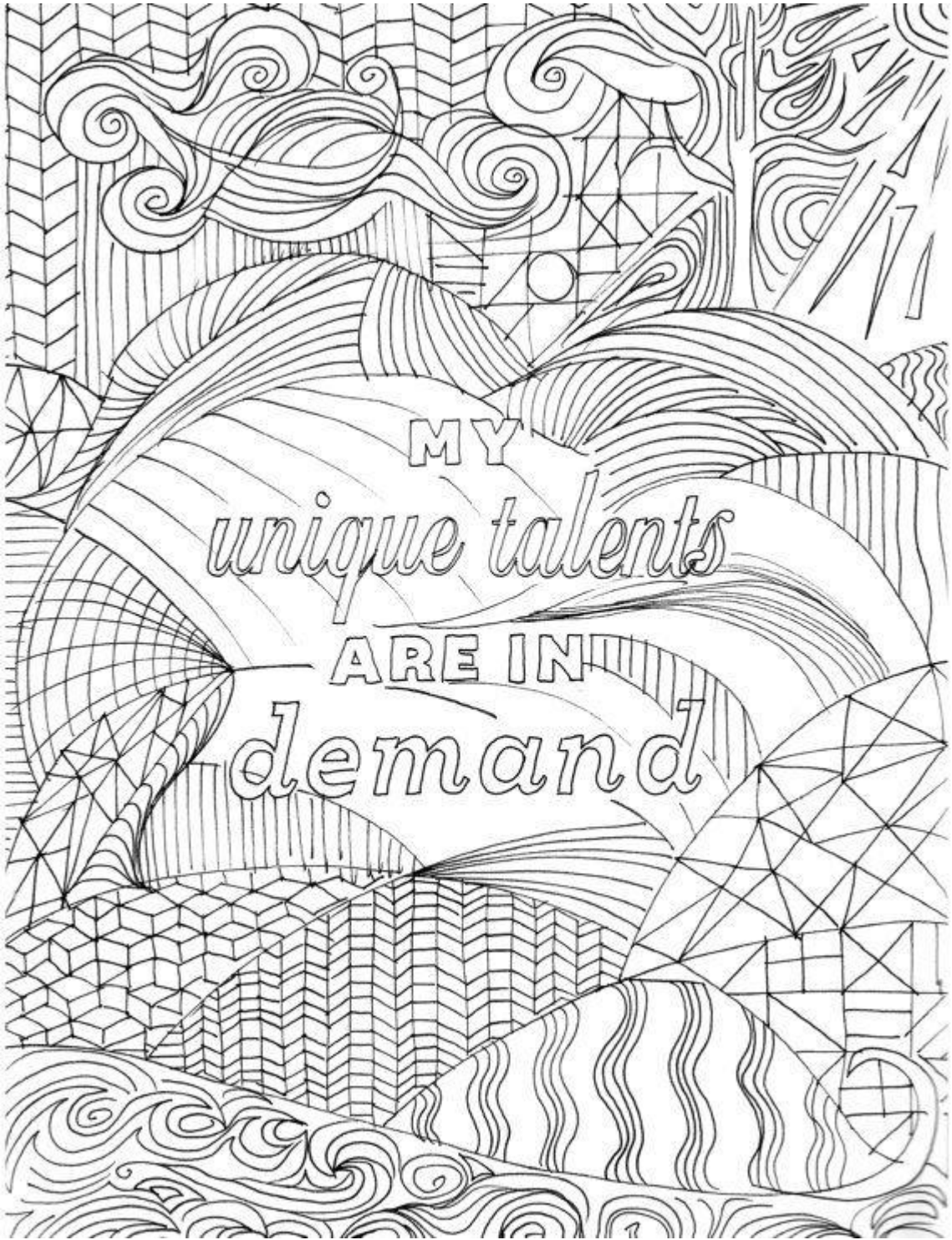
We often think negative thoughts about ourselves. We can start to believe these thoughts and they can hold us back from reaching our true potential.

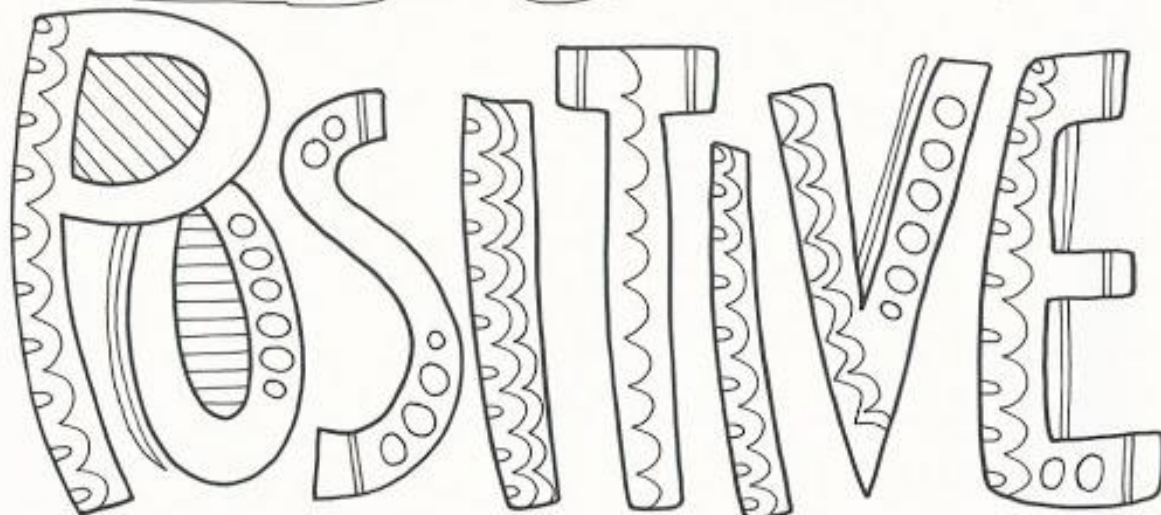
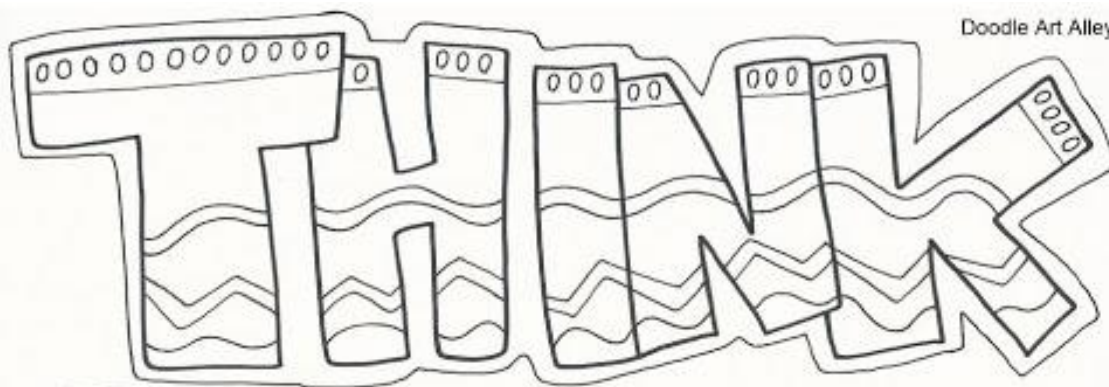
Things like: I cannot do this. I am stupid. I will never be able to. No one wants to listen to me. I won't ever be good enough

We start to believe and listen to these untruths. HOW DO WE STOP? We change the narrative, we flip the script and we write our own stories.

Design your own positive Affirmation or Mantra. Or choose one from the options attached. Colour it in and display it somewhere you will see it every day. The idea is to start to change your thinking and believe this new positive thought.

- **Take notice** – Get outside and notice the world around you. Continue with the Wildlife Trust's '30 days Wild' <https://action.wildlifetrusts.org/page/57739/petition/1?locale=en-GB>
- **Stay connected** – Read a newspaper and stay connected with what is going on in the world around you.
- **Give** – Lots of shops are collecting for foodbanks at the moment. Next time you are at a food shop buy something small to donate






There
is
always
always
something
to be
Thankful
for



I am
AMAZING



I am
BRAVE



I am
STRONG





