



KHS Wellbeing Weekly
2020

3 June

In This Issue



As it is assessment week, we have put together a special edition of the newsletter full of **active** things for you to do to **relax, de-stress and boost your wellbeing**.

Quote of the Week



*Do the best you can until you know **better**. Then when you know **better**, do **better**.*

Maya Angelou

Weekly Wellbeing Challenge



Try something different or new this week like a new food or activity.

Poem(s) of the Week



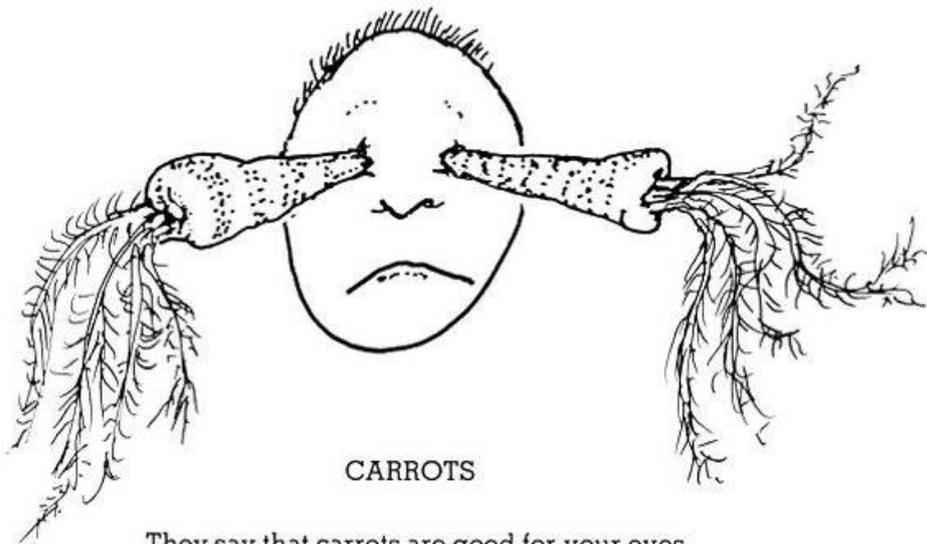
This week, enjoy a selection of silly poems by Shel Silverstein. Click through the photos below.

EARLY BIRD



Oh, if you're a bird, be an early bird
And catch the worm for your breakfast plate.
If you're a bird, be an early early bird—
But if you're a worm, sleep late.



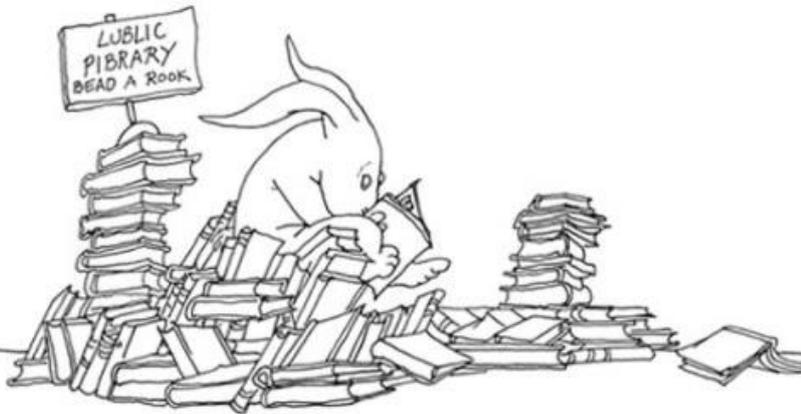


CARROTS

They say that carrots are good for your eyes,
They swear that they improve your sight,
But I'm seein' worse than I did last night—
You think maybe I ain't usin' 'em right?

RUNNY'S HEADING RABITS

Runny lent to the wibrary
And there were bundreds of hooks—
Bistory hooks, beography gooks,
And lots of bory stooks.
He looked them over one by one
And guess which one he took—
A bience scook? A boetry pook?
Oh, no—a bomic cook!

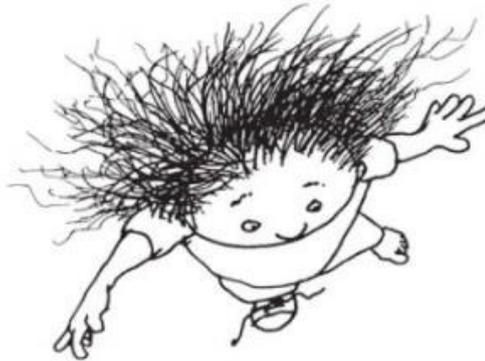


Read more poems in
Runny Babbit by Shel Silverstein!

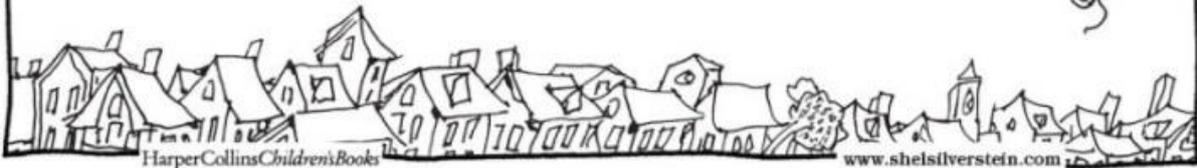
Runny Babbit © 2005 Evil Eye, LLC

FALLING UP

I tripped on my shoelace
And I fell up—
Up to the roof tops,
Up over the town,
Up past the tree tops,
Up over the mountains,
Up where the colors
Blend into the sounds.
But it got me so dizzy
When I looked around,
I got sick to my stomach
And I threw down.



Read more poems in
Falling Up
by Shel Silverstein!



Put Something In

Draw a crazy picture,
Write a nutty poem,
Sing a mumble-gumble song,
Whistle through your comb.
Do a loony-goony dance
'Cross the kitchen floor,
Put something silly in the world
That ain't been there before.

Read more poems in
A Light in the Attic by Shel Silverstein!

A Light in the Attic © 1981 Evil Eye Music, Inc.

SNOWBALL

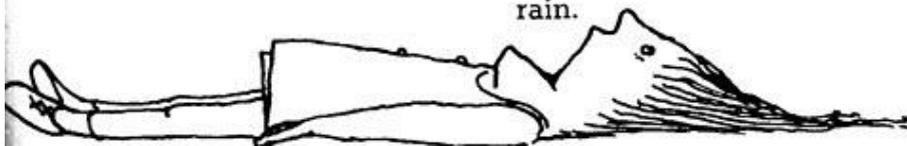
I made myself a snowball
As perfect as could be.
I thought I'd keep it as a pet
And let it sleep with me.
I made it some pajamas
And a pillow for its head.
Then last night it ran away,
But first—it wet the bed.

Read more poems in *Falling Up* by Shel Silverstein!

Falling Up © 1986 Evil Eye Music, Inc.

LAZY JANE

Lazy
lazy
lazy
lazy
lazy
lazy
Jane,
she
wants
a
drink
of
water
so
she
waits
and
waits
and
waits
and
waits
and
waits
for
it
to
rain.



Just a little bit of silliness



Studies have suggested laughter has several physical, psychological and social benefits, including decreasing stress hormones, boosting the immune system, reducing pain, improving mood and increasing resilience. The psychological and physiological effects of laughter can increase optimism, energy and cognitive function, while decreasing anxiety, stress, loneliness, depression and tension.

- **Start a Joke Jar.** Get your whole family to laugh more by starting a joke jar. Get a nice jar and some scraps of papers. Find some funny jokes and write them down on the scraps of paper. Ask your family members to do the same. Put the scraps of paper with the jokes written on them in the jar. At dinner time have someone reach into the jar, take out a joke, and read it out loud.
- **Do More of What Makes You Laugh.** When was the last time you had a really good laugh? What were you doing? Do more of that.
- **Start a Scrapbook of Funny Things Your Family Members Say.** Family members are a great source for funny comebacks and sayings. Start a scrapbook to collect the funny things your family does and the things they say. This will make you more aware of their funny moments, which will make you appreciate them more.
- **Read a Comic Strip.** These are always good for a lighthearted giggle.
- **Learn to Laugh at Yourself.** Most of us take ourselves too seriously, which limits our ability to find the humour in difficult situations. Learning to laugh at yourself takes some of the pressure off. Give yourself permission to be silly. At the right moment, being silly is a plus.
- **Play Fun Games With Friends.** Playing competitive party-style games with a group of friends on video chat with will have you laughing in no time.

How many of these can you tick off this week?



- I was a good friend
- I did exercise
- I didn't give up
- I am getting better at something
- I tried some calming activities when I felt stressed

Reward Yourself!



You are working hard this week on your assessments, and have been working toward these in the previous weeks as well.

Make sure you reward yourself for your achievements of revision and finishing your assessments. You have reached this achievement **BEFORE** you get your results and should celebrate!

You could take a walk, read a book, treat yourself to your favourite food, do a little dance, or watch a few fun videos on social media.

Affirmations

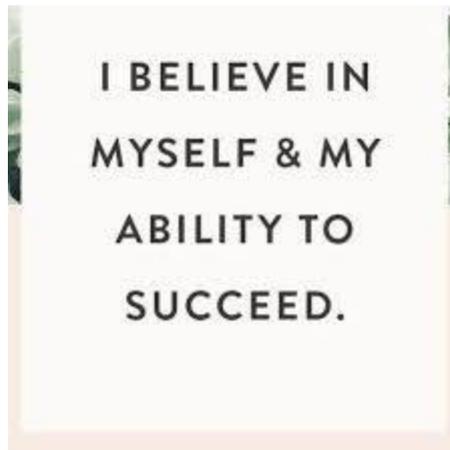
What are affirmations?

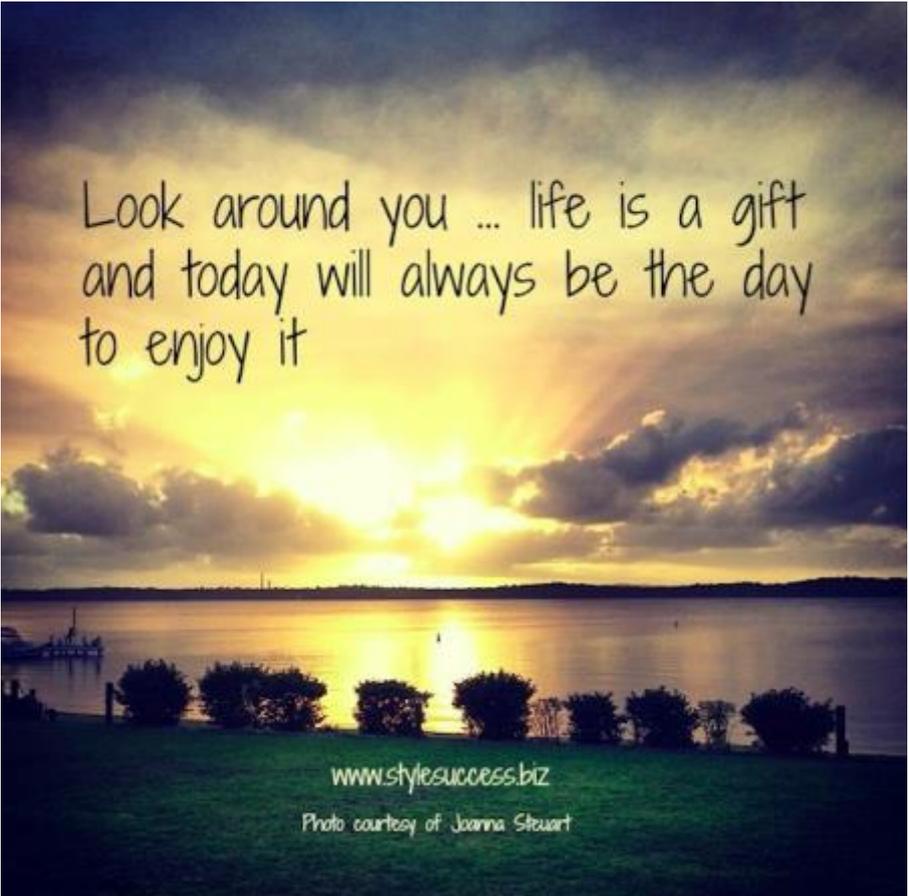
Words have significant power. When you communicate, your words can influence others, but words also have the power to influence how you feel inside.

Affirmations are powerful, positive statements that aim to direct your mind toward positive, empowering thoughts.

They can have incredible power to boost your confidence and help positively shape how you see yourself.

Click through the affirmations in the photos. Practise saying these to yourself either in your mind or, even better, out loud.

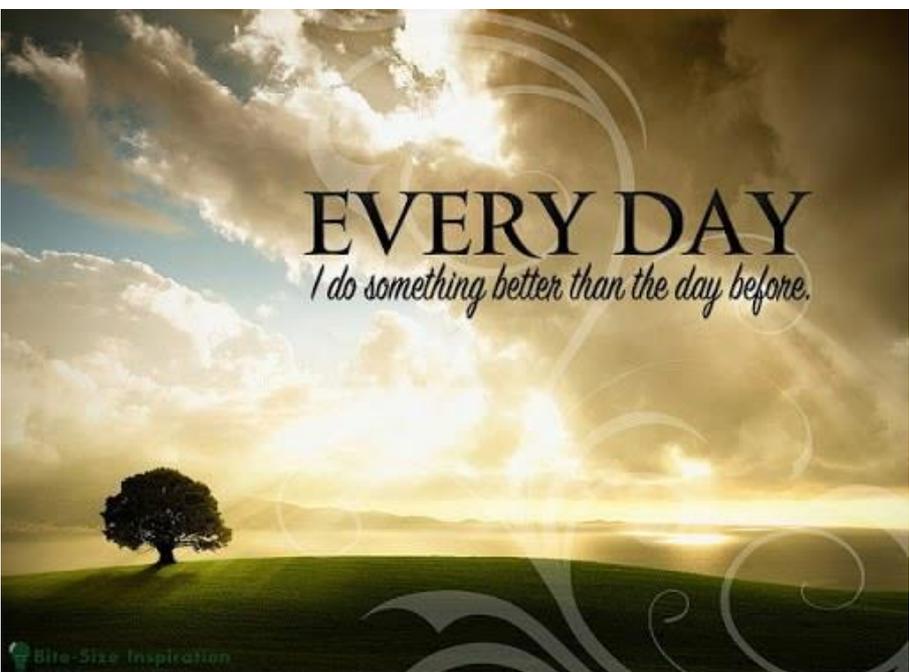




Look around you ... life is a gift
and today will always be the day
to enjoy it

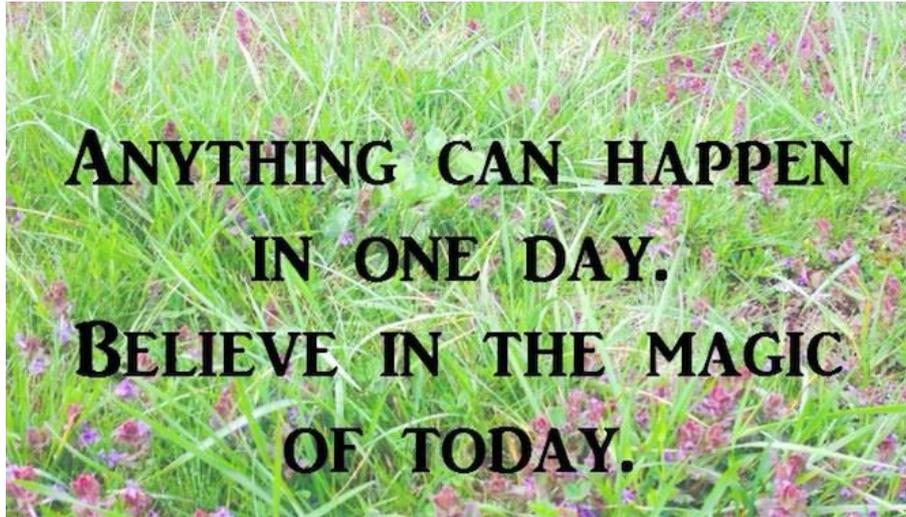
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Photo courtesy of Joanna Stewart



EVERY DAY
I do something better than the day before.

 Bite-Size Inspiration



I AM STRONG!

I AM LOVE!

I AM IN CHARGE!

I am kind to myself!



I am calm!

I am courageous!

I am worthy!

I am
confident!

I am
focused!

I am
unstoppable!

Mindfulness Moment



Just Breathe

Learning to breathe more deeply can be an easy way of boosting your wellbeing. Taking a moment to focus on the sensations of your breath helps calm the mind and move our brains into a state of relaxation. This is a really simple exercise and works brilliantly for when you're in the midst of a difficult day and need a moment to collect yourself.

Breathe in through your nose and out through your mouth.

- *Try to keep your shoulders down and relaxed, and place a hand on your stomach - it should rise as you breathe in and fall as you breathe out.*
- *Notice the sound of your breath as it moves through the passages of your nose and throat. Notice the cool feelings on the nose, back of your mouth and throat as the air moves.*
- *Count as you breathe - start by counting to four as you breathe in, four as you breathe out, then work out what's comfortable for you, it may be slightly shorter or longer.*

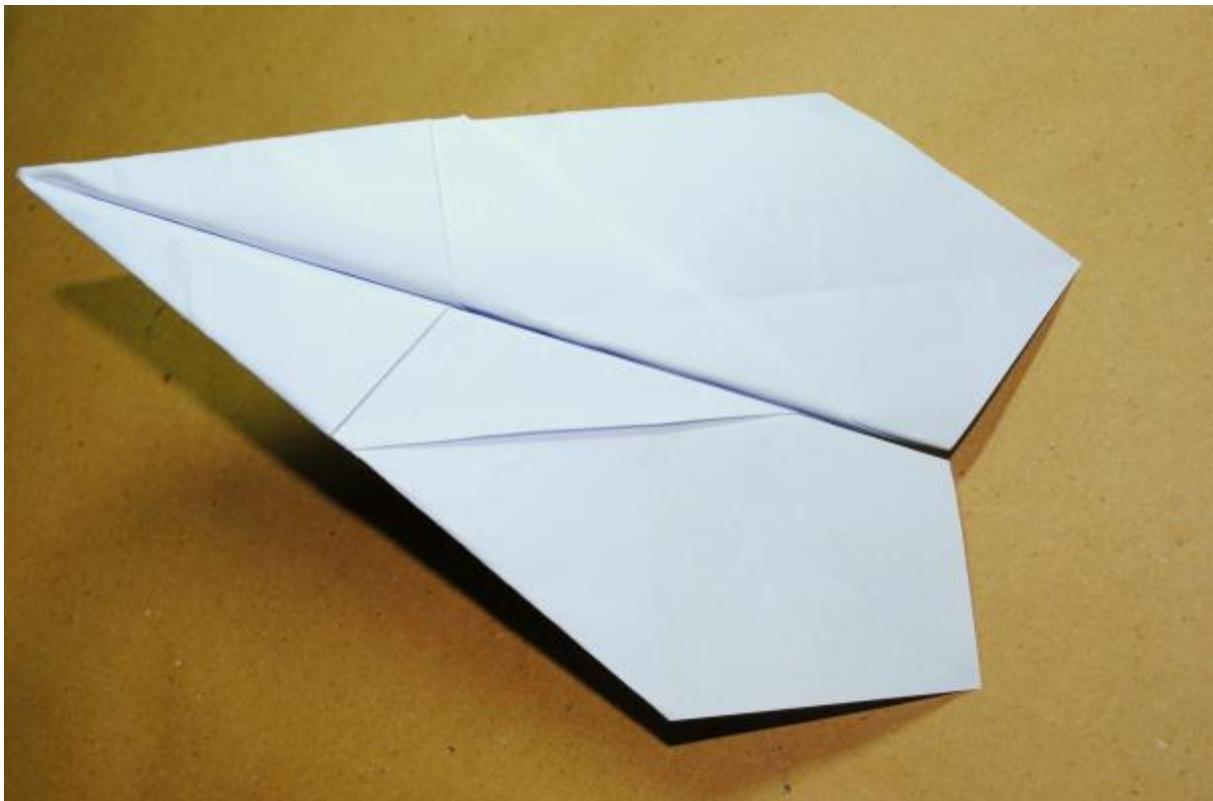
Resource Recommendations



Follow the [Diana Award on Instagram](#) for some daily wellbeing goodness.

[YoungMinds](#) is an excellent charity with a great website supporting young people's mental health.

Call for Submissions



We would **love** for you to contribute to this weekly Wellbeing Newsletter.

Please email r.cresswell@kingshighwarwick.co.uk with any of the following (or any ideas for things you would like to include in the newsletter).

- Photos
- Quotes
- Reading recommendations
- Poems
- Wellbeing challenges
- etc.