



KHS Wellbeing Weekly

6 May 2020

## In This Issue



- **Video chat board game recommendations**
- **Weekly Wellbeing Challenge**
- **Mindfulness Activity**
- **and more!**

## Quote of the Week



---

*What we know matters, but who we are matters more.*

- Brené Brown

---

## Best Board Games for Video Chats



Students and teachers alike have been keeping in touch with family and friends via video chats these days. There have been many online family quizzes and games to entertain and amuse whilst we are physically apart. Below are a list of tried and tested board games which work well via video chat.

- Articulate
- Trivial Pursuit
- Farkle
- Just One
- Pass the Pigs
- Sussed

**Don't have any of these games at home? Try charades, 20 questions, two truths and a lie, or pictionary!**

## Weekly Wellbeing Challenge



**Spend 10 minutes practicing mindfulness meditation. You can use an app like Headspace which has a special section for young people.**

*Extra challenge: Try to spend 10 minutes in mindful meditation each day this week.*

## Poem of the Week



### **Upon Westminster Bridge**

Earth has not anything to show more fair:  
Dull would he be of soul who could pass by  
A sight so touching in its majesty:  
This City now doth, like a garment, wear  
The beauty of the morning: silent, bare,  
Ships, towers, domes, theatres, and temples lie  
Open unto the fields, and to the sky;  
All bright and glittering in the smokeless air.  
Never did sun more beautifully steep  
In his first splendour, valley, rock, or hill;  
Ne'er saw I, never felt, a calm so deep!  
The river glideth at his own sweet will:

Dear God! the very houses seem asleep;  
And all that mighty heart is lying still!

*William Wordsworth*

How many of these can you tick off this week?



- I'm reading a good book
- I made someone smile today
- I've spent time daydreaming
- I showed gratitude

## Mindfulness Activity



### Organise your time

Making some adjustments to the way you organise your time can be a simple way of helping you feel more in control of any tasks you're facing and more able to handle pressure.

- Identify your best time of day - you might be a morning person or an evening person - and do the important tasks that need the most energy and concentration at that time.
- Make a list of things you have to do. Arrange them in order of importance and try to focus on the most urgent first. Maybe ask a parent or friend to help you prioritise, this will help settle and calm your mind about what you have to accomplish.



- Give yourself a few 'easy' tasks to start off with to get into a good working mindset. Start harder tasks after you've completed a couple of quick jobs so you feel like you're already accomplishing things.
- Vary your activities. Balance interesting tasks with more boring ones, and difficult tasks with those you find easier.
- Try not to do too much at once. It sounds obvious, but we all do it all the time. Multitasking can not only make it harder for you to carry out any particular task well, it can also increase the sense of pressure and stress.
- Take breaks and avoid rushing. It might be more difficult to do this when you're stressed, but it can make you more productive.

## Trivia Time!



A family or friends quiz is a great way to spend some down time and enjoy the company of others. Below are some links to help you create your own quiz.

*By Gigi*

### **Trivia round ideas!**

1. TV/Film

<https://readymadepubquiz.com/tag/tv-and-film/>

2. Literature

[https://www.usefultrivia.com/literary\\_trivia/](https://www.usefultrivia.com/literary_trivia/)

3. Current affairs

<https://affairscld.com/current-affairs-quiz-questions-and-answers/>

4. Sport

<https://icebreakerideas.com/sports-trivia/>

5. The world

<https://triviaquestions4u.com/world-trivia-questions/>

6. Shakespeare

<https://conversationstartersworld.com/shakespeare-trivia/>

7. Food

<https://www.triviaquestionss.com/food-trivia-questions/>

8. History

<https://www.historyextra.com/magazine/history-quiz-questions-list/>

9. Celebrity

<https://www.triviawell.com/questions/celebrities>

10. Songs

<https://www.sporcle.com/games/tags/song>

Living together with kindness



After a few weeks of being inside the house tensions can start to rise. A tense atmosphere can make it difficult to stay focused and motivated and this can affect wellbeing. Working together as best as possible can only be achieved if any tensions are resolved constructively.

When resolving tensions and defusing conflict key things to consider are how to make things 'C.A.L.M.E.R' and be kind. This stands for:

- **Consider:** The need for respect and kindness about how others are feeling. Learn to empathise and see things from each other's point of view.
- **Acknowledge:** The time needed to address every person's problem. Let each person speak.
- **Listen:** To how everyone feels, their worries and fears and how they can feel better. This includes listening to and understanding body language.
- **Manage:** Provide support and empathy to each other.
- **Enable:** Support and help each other in the future. Establish some house rules for behaviour.
- **Resource:** What did you learn? Use your skills and knowledge to defuse conflict in the future.

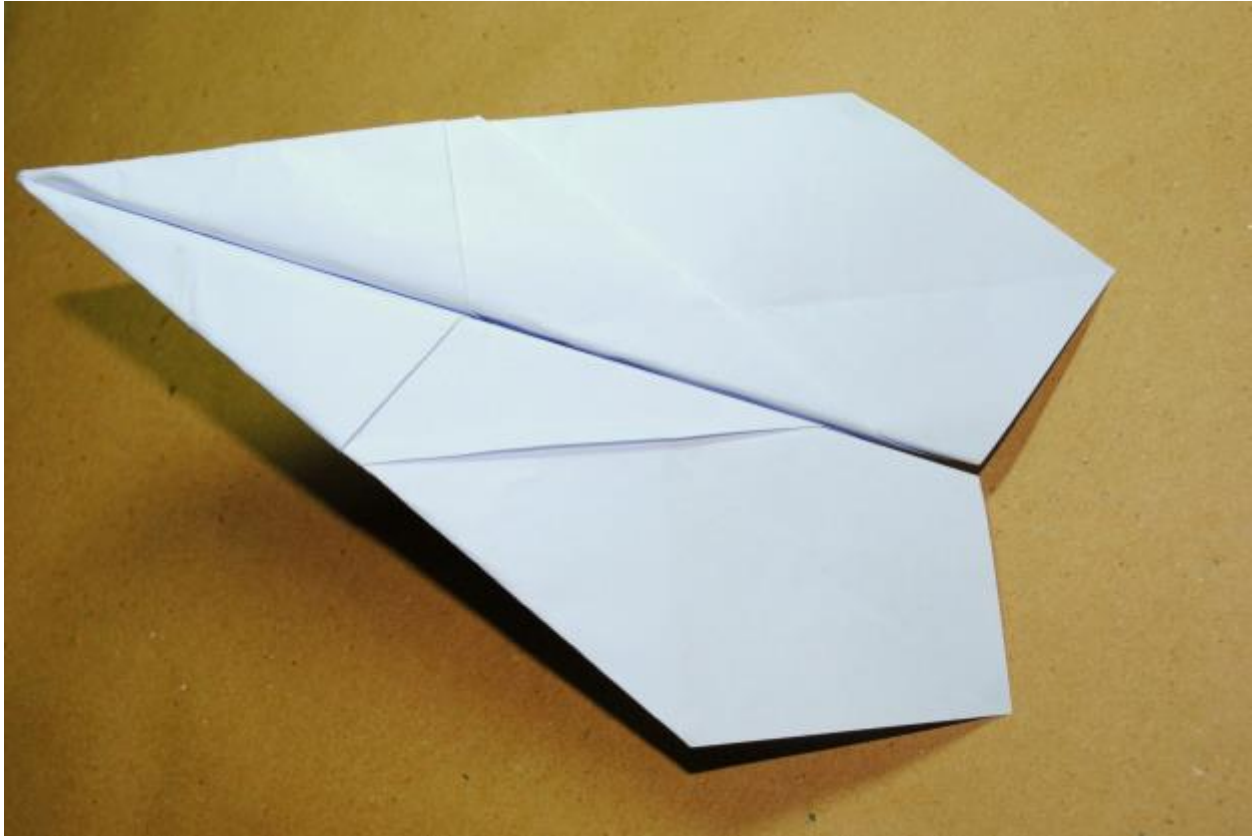
## Resource Recommendations



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](mailto: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.