



KHS Wellbeing Weekly
2020

29 April

In This Issue



- **Reading Recommendations**
- **Weekly Wellbeing Challenge**
- **Mindfulness Activity**
- **and more!**

Quote of the Week



A little nonsense now and then is relished by the wisest men.

- Roald Dahl

Reading Recommendations



Here are some excellent Wellbeing journals.

KS3

- **The Happy Self Journal**
- **Choose KIND Journal**

KS4

- **You are Awesome Journal**
- **Wreck This Journal**

KS5 + Adults

- **Start Where You Are**
- **Five Minutes in the Morning**
- **The Wellbeing Journal**

Reading fiction can have significant positive impacts on your wellbeing. Next week we will be listing some recommendations for novels which may have a wellbeing focus, or just make you feel good whilst reading them. Email your own recommendations to r.cresswell@kingshighwarwick.co.uk for your suggestion to be featured in next week's newsletter.

Weekly Wellbeing Challenge



Plan a switch off day with your family where nobody is allowed to use their device all day.

Extra challenge: Could you do a whole weekend?

Poem of the Week



“Hope” is the thing with feathers

“Hope” is the thing with feathers -
That perches in the soul -
And sings the tune without the words -
And never stops - at all -
And sweetest - in the Gale - is heard -
And sore must be the storm -
That could abash the little Bird
That kept so many warm -
I’ve heard it in the chilliest land -
And on the strangest Sea -
Yet - never - in Extremity,
It asked a crumb - of me.

Emily Dickinson

Connect with Nature



Be more Daisy!

The humble daisy (bruisewort), springing up everywhere right now has a much needed message for today. A daisy doesn't snap or crush when stood on. It bounces back, often still in flower even on freshly mown lawns. This teaches us to play and be joyful, not take life too seriously and bounce back from emotional bruising. The daisy helps us to revive our inner child in order to balance worry and anxiety with play and joy.

Suggested task - go and make a Daisy chain!

How many of these can you tick off this week?



- I enjoyed reading
- I ate delicious food
- I was brave
- I spent time outside

Mindfulness Activity



What are you grateful for?

Every day we're confronted with things we're told we ought to want. It might be an advert for a car or a perfect-looking life on social media - it's all underlining what we don't have now.

Taking stock of what we do have now can help us refocus on the positives in our lives, and give some helpful perspective. Whether it's gratitude for a close friendship or the ability to enjoy the smell of flowers blooming, it all counts.

Draw one thing (or more) that you feel grateful for in your life. If it doesn't have an obvious shape, try drawing something that symbolizes it. Don't worry about getting the drawing 'right', just enjoy a moment with pencil to paper.

Fabulous Family Fun



By Neha

At the moment, it is necessary to spend lots of time with your family. It is proven that spending time with family decreases stress levels, and this is extremely useful in times like these. What better way is there to get through quarantine life than to spend it with those you love? Below are suggestions of activities that you and your family can do:

- **Watch the Beluga whales at the Georgia Aquarium** – This is especially for whale lovers! Why not spend time with your family admiring these wonderful species of animals whilst we still have them? There's a beluga whale webcam set up at the Georgia Aquarium, so you are able to observe these beautiful animals anytime. -<https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/>
- **Visit the Louvre** – Are you a Paris lover? Well here is something in which you and your family would be able to have an amazing tour of the Louvre(on of France's famous international museums) -<https://www.louvre.fr/en/visites-en-ligne>
- **Cincinnati Zoo live stream** – If you and your family are animal lovers than this is an event which would definitely catch your attention. Cincinnati Zoo is live-streaming animals on their Facebook page every day at 3pm -<https://www.facebook.com/cincinnati-zoo/>
- **Yellowstone National Park** – Now with quarantine underway we are not able to admire the beautiful national parks preserved across the Earth. Well luckily for you and your family, Yellowstone National Park is providing you with a virtual visit to this national park, where you could observe mud volcanoes, mammoth hot springs, and many more! -
<https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- **Check out Mars** – Are you and your family space lovers? Then this is the suggestion for you! Here is an opportunity to explore the surface on Mars with the digital 360 degrees camera! -
<https://accessmars.withgoogle.com/>

Above are wonderful suggestions for those of you who just want to admire nature around, away to relieve ourselves from the dangers the world has brought us, towards the nature that we live around and the many species along with it. Hope you enjoy these suggestions!

WELLBEING



By Lucy J

W Watch your favourite movies. You could have a movie night with your family.

E Exercise daily. It makes you feel better, keeps you fit and will help you relax. Miss Clark does some great lunchtime workouts. I go on a daily 5 mile walk with my family as a chance to catch up.

L Listen to your favourite music or practice an instrument. There are some lunchtime music clubs you could try if you want to play with other people.

L Lie in at the weekend! It is good to relax, especially if you have had a busy week.

B Bake a cake or make one of the recipes that school suggests in the weekly bulletin. Try making food from your favourite restaurant or make a meal for your family.

E Email, write or message someone you can not visit. It is good to keep in touch with those that are important to you.

I Inspire provides great enrichment sources to keep you busy if you have a few hours to spare. You could try the Inspire mini challenge each week.

N Now is the time to try something new or virtually visit a new place that you have always wanted to go to. There are great videos available on the internet. You could go on safari, try out the rides at Disney World or even visit Buckingham Palace!

G Get your crayons out and do some mindfulness colouring. It's relaxing and the final products look amazing.

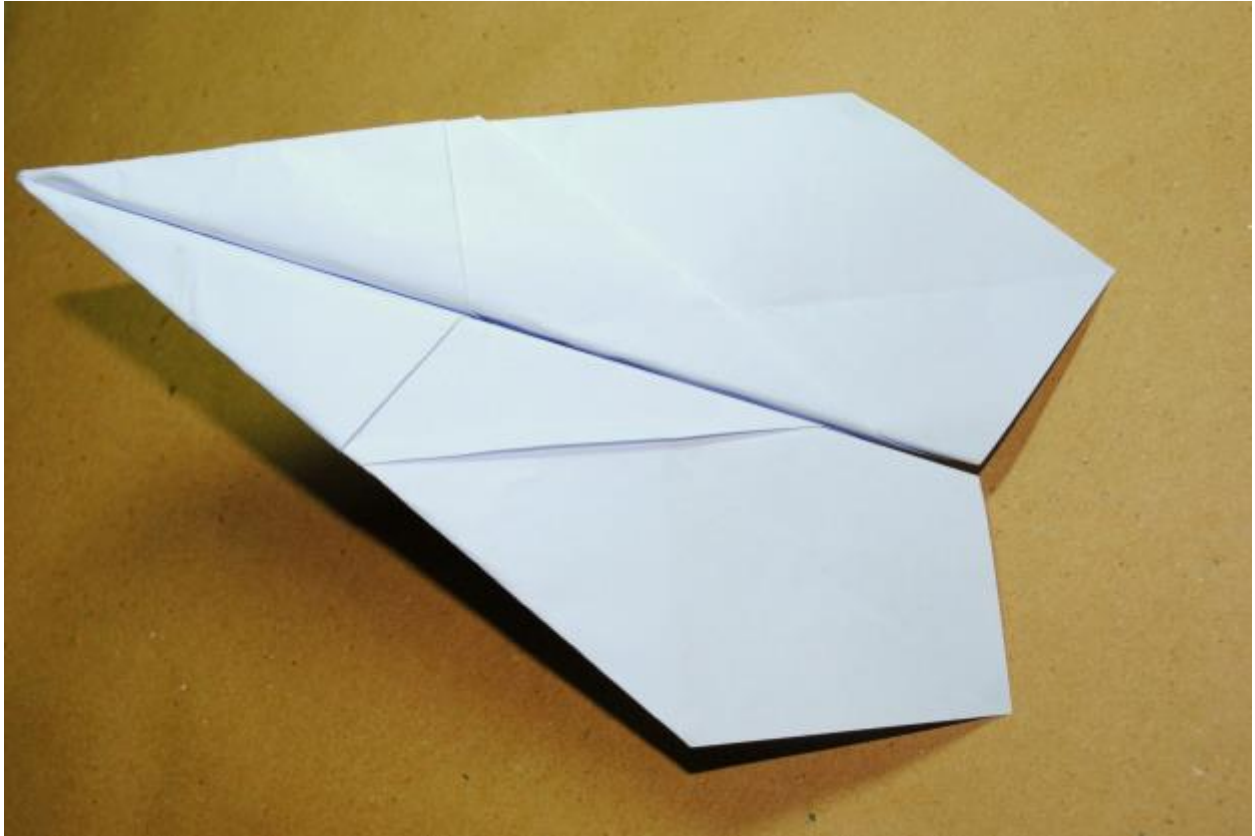
Resource Recommendations



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.