



KHS Wellbeing Weekly
2020

13 May

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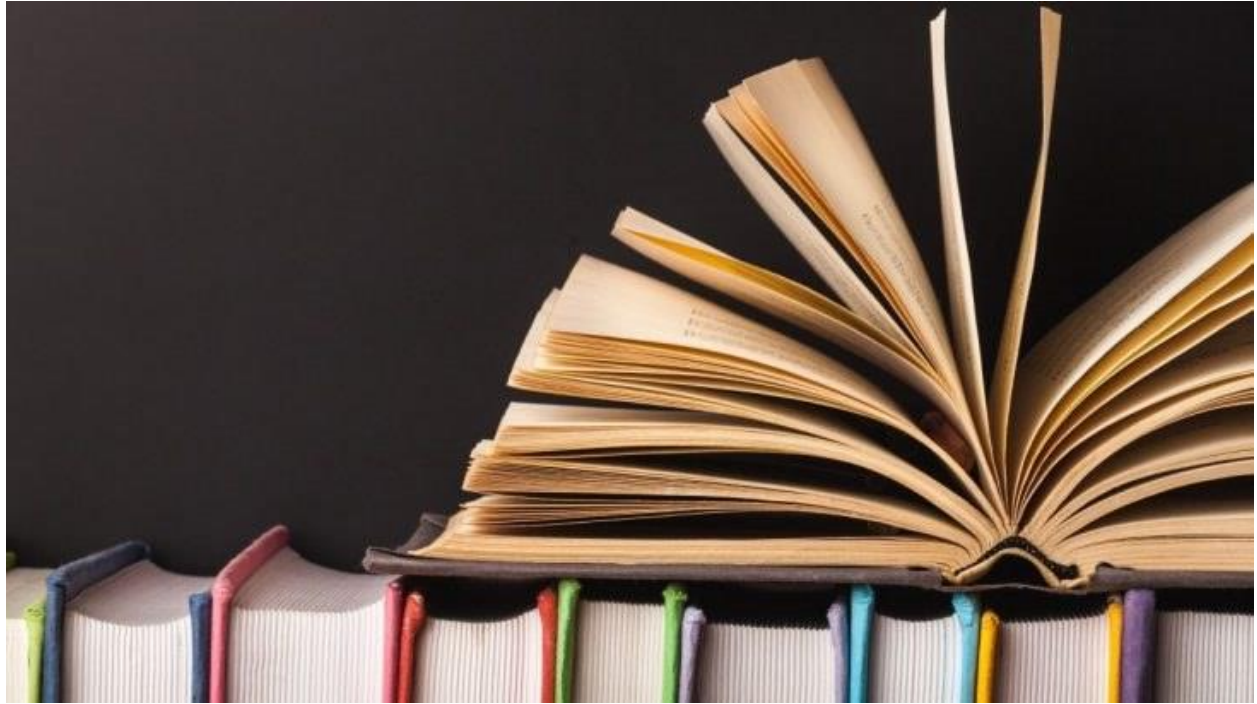
Quote of the Week



The key to growth is to learn to make promises and keep them

- Stephen R Covey

Reading Recommendations



Here are some excellent fiction books which relate to wellbeing.

KS3

- **Star Girl** - Jerry Spinelli
- **Eleanor and Park** - Rainbow Rowell
- **Wonder** - R.J. Palacio
- **Holes** - Louis Sachar

KS4

- **The Manifesto on How to be Interesting** - Holly Bourne
- **The Perks of Being a Wallflower** - Stephen Chbosky
- **My Mad Fat Diary** - Rae Earl
- **Solitaire** - Alice Oseman

KS5 + Adults

- **The Curious Incident of the Dog in the Night-Time** - Mark Haddon
- **The Diving-Bell and the Butterfly** - Jean-Dominique Bauby
- **Unbroken** - Laura Hillenbrand

- **Girl, Woman, Other** - Bernardine Evaristo

Weekly Wellbeing Challenge



Leave a happy note for someone to find. What can you write that will make them smile?

Extra challenge: Could you do one each day?

Poem of the Week



Leisure

What is this life if, full of care,
We have no time to stand and stare? –

No time to stand beneath the boughs,
And stare as long as sheep and cows:

No time to see, when woods we pass,
Where squirrels hide their nuts in grass:

No time to see, in broad daylight,
Streams full of stars, like skies at night:

No time to turn at Beauty's glance
and watch her feet, how they can dance:

No time to wait till her mouth can
Enrich that smile her eyes began?

A poor life this if, full of care,
We have no time to stand and stare.

W.H. Davies

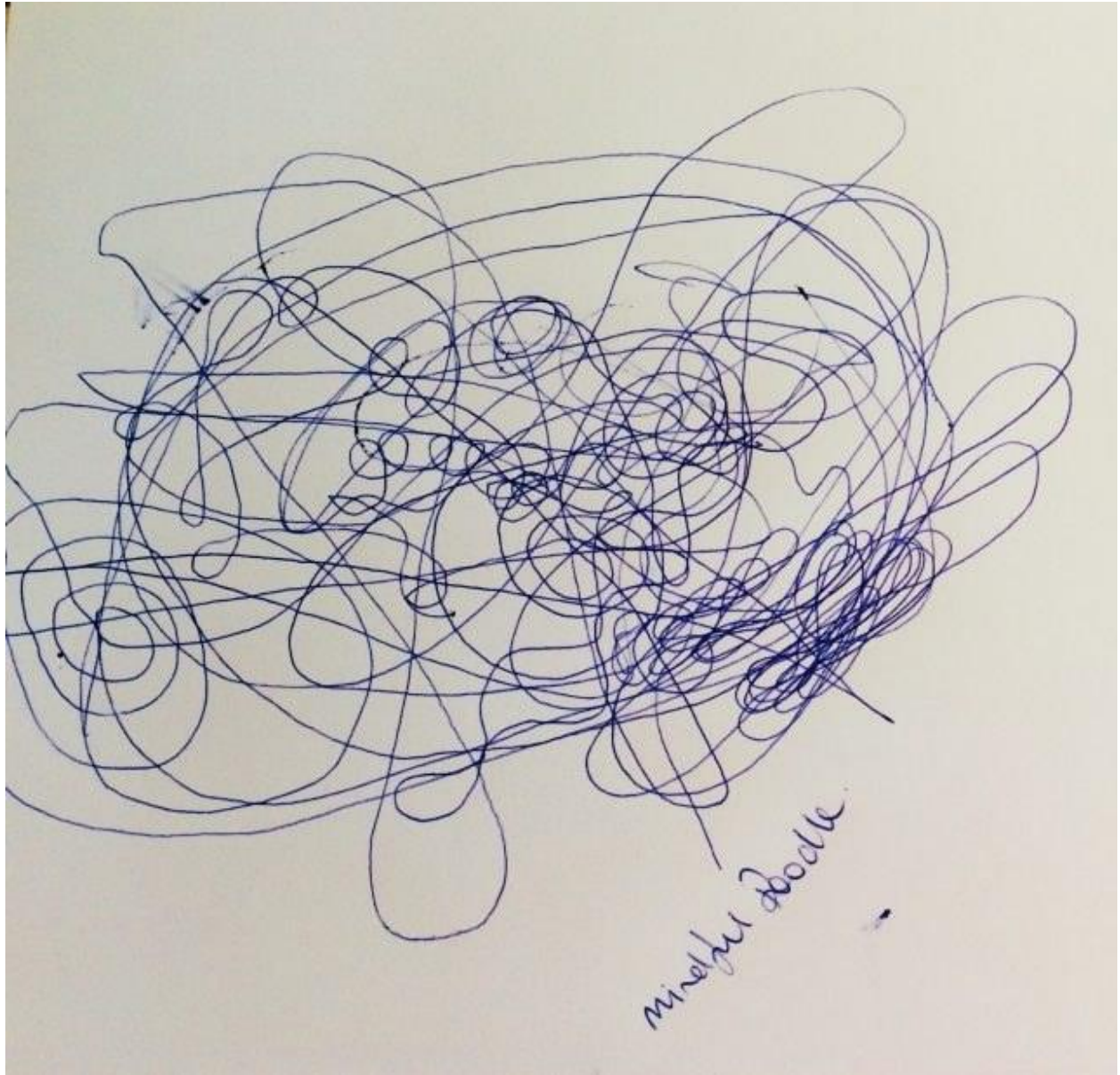
How many of these can you tick off this week?



- I smiled a lot
- I made my bed

- I relaxed
- I worked on something I find really hard

Mindfulness Activity



Pen to Paper

The next time you need to relax try this simple drawing exercise.

1. Make sure you are sitting comfortably with your feet firmly on the floor, your back straight and your shoulders relaxed.
2. Take your pen and draw a circle that fills most of the page - don't worry if it's a bit wonky!

3. Now keep drawing. You could keep going over the circle or fill it with a pattern, but try not to let your pen leave the page. Don't worry about creating a finished picture, just keep going.
4. Take time to focus on what you're drawing.
5. While you're drawing consider how the pen feels on the page, the sound it makes, how the colour comes out when you draw fast and when you draw slow.
6. Focusing on these sensations can help you quieten your mind, like meditation.
7. Once you have done this for a few minutes, try using a different colour or pattern.

Tips:

- If you're focusing too much on getting the pattern right, try using your other hand.
- If you find it hard to get started, it can sometimes help to begin with some colouring.

Clear the Clutter



Out of clutter, find simplicity. - Albert Einstein

A tidy space may not always reflect a tidy mind but it is certainly true that for many of us a too-cluttered physical world can become a reflection of our mental one. Overflowing cupboards and surfaces buried under piles of paper or other stuff can make us feel as though our heads are a chaotic mess too. The solution is, of course, to clear the clutter.

A recently popular program on Netflix, Tidying Up with Marie Kondo, has brought the art of tidying to the fore and developed a conversation around the psychological relationships and connections we have with our stuff and how it impacts our wellbeing.

Perhaps the idea of a Herculean clear-out feels overwhelming or unnecessary. Try a series of small clear-outs instead; target your workspace first. Having a tidy workspace allows us to feel prepared and ready for school work and improves our ability to focus without distractions.

Set a timer for five minutes and tidy until the alarm goes off.

Some ideas for a great workspace:

- Natural light - there is a strong correlation between daylight exposure and energy, mood, productivity and even quality of sleep
- Increase convenience - sometimes we can create distractions for ourselves by going to get something important from another room, like a tissue or a glass of water; be sure to have these essentials near you in your workspace
- Space for working - you likely have a laptop or other device AND paper or an exercise book, a textbook, and perhaps other resources on your desk, make sure you've got adequate space to spread things out in front of you so you're able to work without hassle
- A comfortable seat - it is important that you don't crouch or slouch all day over a computer on the floor or on your bed; this can lead to muscle strain, which as a one off isn't too bad, but as you are working from home every day at the moment, this repeated strain can cause injury
- Limited distractions - it is really easy to grab your phone during a webinar and find yourself scrolling through Instagram or TikTok before you even realise it; have your phone away from your workspace during lessons so you aren't tempted

Wellbeing Crossword

For a fun wellbeing activity, the Ambassadors have created a crossword for you.

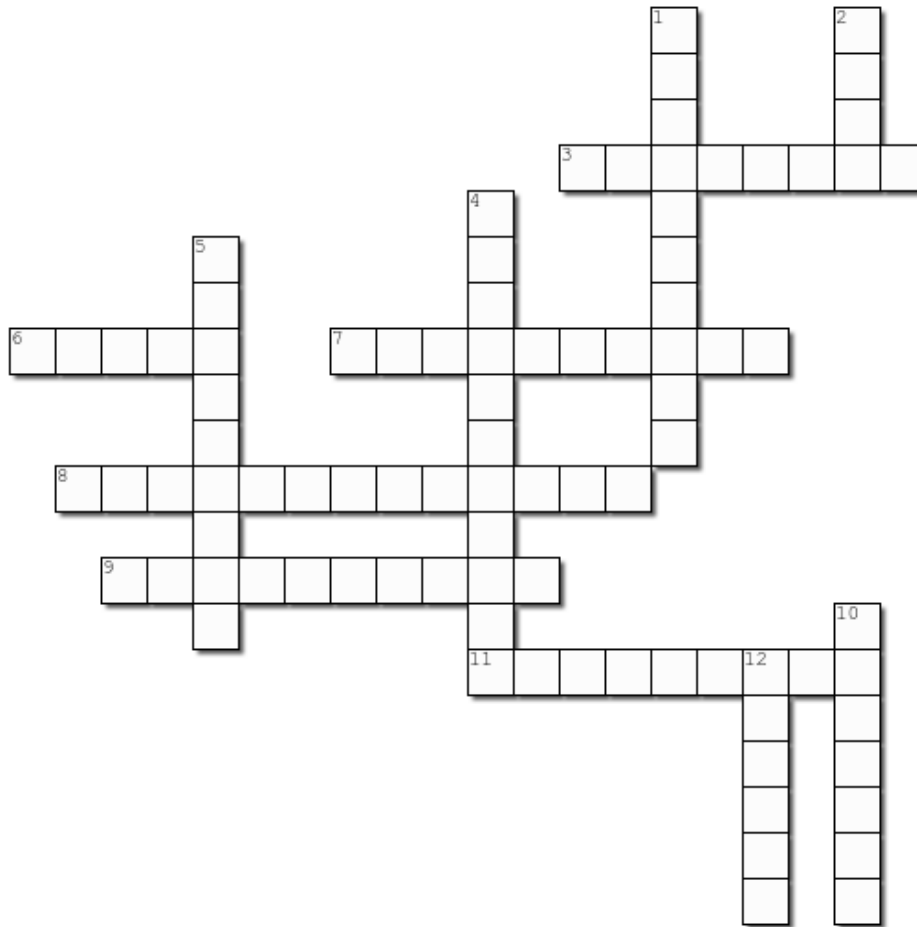
NB Self-care has a hyphen and mental health has a space between the words.

Enjoy!

Name: _____

Well-Being Crossword

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

3. The quality of being friendly, generous, and considerate.
6. Anti-bullying and wellbeing foundation, also Prince Harry and William's mother.
7. This is important for our everyday wellbeing, maybe you'll put some cucumbers over your eyes!
8. The state of our well-being is often referred to as our...
9. A devotional exercise of or leading to contemplation.
11. The act of giving yourself some TLC, looking after yourself.

Down

1. Human, wifi, or mobile.
2. We once had these adorable furry friends come into well-being club!
4. King's High has a brilliant team of well-being...
5. Being thankful is sometimes called having...
10. Doing this literary activity for just six minutes a day can reduce stress by 68%.
12. If you were unsure or feeling upset, you might go to a friend or trusted adult for some...

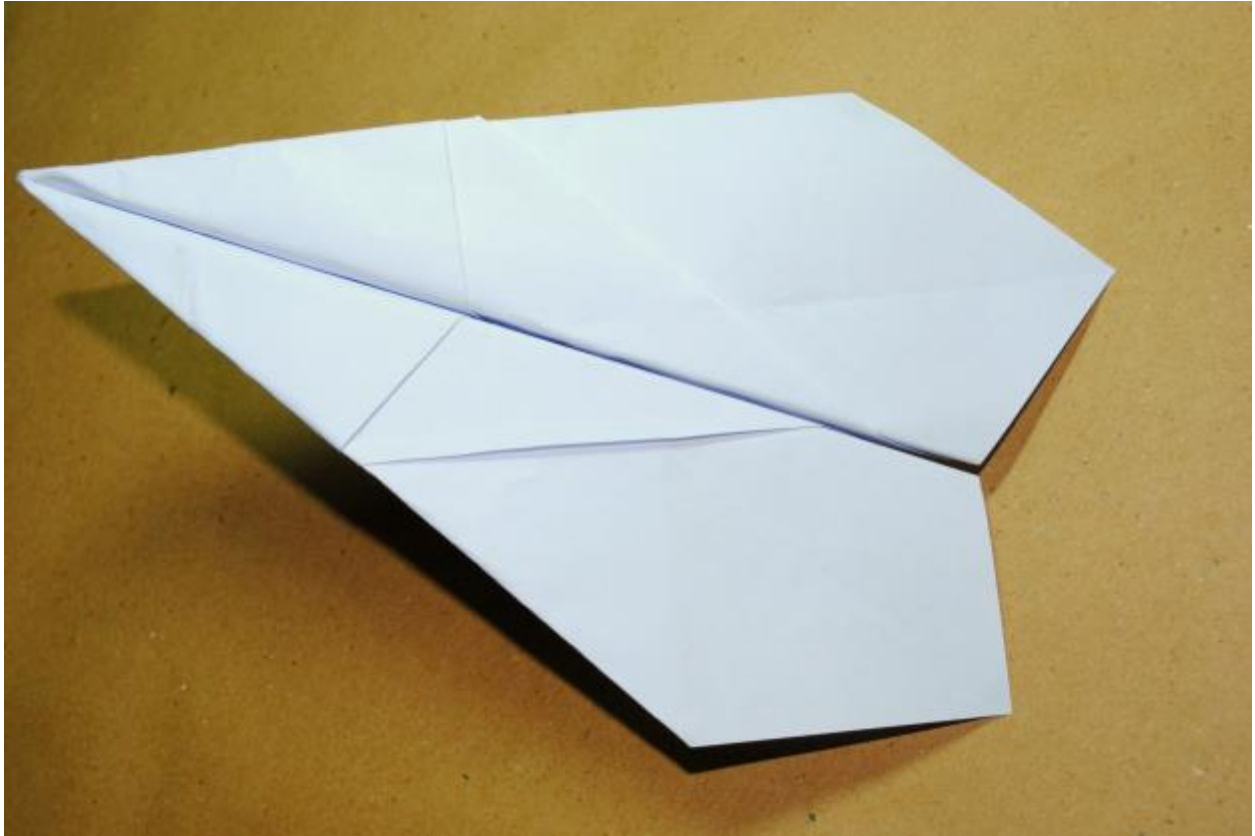
Resource Recommendations



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.