



KHS Wellbeing Weekly
2020

21 April

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- **and more!**

Quote of the Week



No act of kindness, no matter how small, is ever wasted.

- Aesop

Reading Recommendations



Here are some excellent non-fiction books which have a focus on Wellbeing.

(You can find a lot of these titles on Audible which is offering a free trial, if you'd rather an audiobook)

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.

KS3

- **You Are Awesome, Matthew Syed** - I'm no good at sport ... I can't do maths ... I really struggle with exams ... Sound familiar? If you believe you *can't* do something, the chances are you won't try. But what if you really *could* get better at maths, or sport or exams? In fact, what if you could excel at anything you put your mind to? *You Are Awesome* can help you do just that, inspiring and empowering young readers to find the confidence to realise their potential.
- **Positively Teenage, Nicola Morgan** - The media so often portray adolescence negatively but this book shows you how to approach these years far more positively so that you can really flourish and be in control. You'll find simple strategies to develop a positive attitude, growth mindset, self-understanding, determination and resilience and you'll see how those strengths will help you cope with any challenges, enjoy life and achieve your potential.

KS4

- **Open Your Heart, Gemma Cairney** - Radio 1 presenter of The Surgery writes and collates expert life advice, presented in a colourful book that almost reads like a graphic novel at times.
- **Mind Your Head, Juno Dawson** - Juno is a mental health and transgender activist and also a YA novelist; she writes a clear, refreshingly blunt guide to looking after your mental health.

KS5 + Adults

- **The How of Happiness, Sonia Lyubomirsky** - if you've ever wanted a perspective on happiness and wellbeing that was grounded in psychological research, this is the one; the author is a professor in the Department of Psychology at the University of California, Riverside.
- **Mindset, Carol Dweck** - Stanford University psychologist Carol Dweck explains why it's not just our abilities and talent that bring us success but whether we approach them with a fixed or growth mindset. With the right mindset, we can motivate ourselves as well as reach our goals.

Weekly Wellbeing Challenge



Plan a family time activity, perhaps you could play a game or make something together.

Extra challenge: Make sure everyone puts their phones away.

Poem of the Week



O Me! O Life!

O me! O life! of the questions of these recurring,
Of the endless trains of the faithless, of cities filled with the foolish,
Of myself forever reproaching myself, (for who more foolish than I, and who more faithless?)
Of eyes that vainly crave the light, of the objects mean, of the struggle ever renewed,
Of the poor results of all, of the plodding and sordid crowds I see around me,
Of the empty and useless years of the rest, with the rest me intertwined,
The question, O me! so sad, recurring – What good amid these, O me, O life?

Answer.

That you are here – that life exists and identity,
That the powerful play goes on, and you may contribute a verse.

Walt Whitman

How many of these can you tick off this week?



- I helped someone
- I laughed with my friends
- I didn't give up working on something hard
- I said thank you

Mindfulness Activity



A Spot of Colouring

Colouring is a simple and relaxing way of taking time for yourself. It can be a helpful practice if you find it hard to switch off as it allows the mind to slow down and become absorbed without strain.

Try it for yourself by [printing out a page from the internet](#).

That's Funny!

By Sapphie

That's Funny! Top five facts about why we should laugh more!

- Laughing for fifteen minutes can burn fat up to 50 calories
- Laughing can increase the activity of your immune system
- Laughing increases blood flow by up to 20%
- Laughing or giggling can reduce stress hormone cortisol while also reducing blood pressure
- Laughing can improve your memory

Challenges to our lives occur regularly and are a part of modern life, we can't change this, but we can change how we approach them – and approaching things with a little laughter and light heartedness could make a difference!

That being said, flip through the photos to have a bit of a laugh.



STAGES OF WORKING FROM HOME

- Yay I get to work from home
- It would be nice to talk to people
- I hope that pigeon sits in the window today



"The World Health Organization recently declared that canines cannot transmit the covid-19 virus and should be released from quarantine immediately. In other words, WHO let the dogs out." [#coronavirus](#)

12:02 AM · Mar 13, 2020 · Twitter for iPhone

3 Retweets 13 Likes



Roxi Horror 🧟🌸
@roxiqt

Day 1 of quarantine: I'm going to take this as an opportunity to improve my health

Day 2 of quarantine: Due to personal reasons, I am eating a lasagna in my shower

Experts recommend keeping your daily rituals even while working from home



Fun in Isolation



By Gigi

1. Photo competition

- Online there are many 30-day photo competitions for all year round. As a family or as a group of friends you could complete this challenge as a fun way to keep in touch with each other!

2. Board games

- If staring at a screen all day is making your eyes go square, you can unwind by playing a boardgame with your family. You can even manage to do this with your friends over skype or facetime!

3. Trivia

- By the time that this is all over, I am sure that everyone will be world class experts at trivia! This is a really fun way to keep in contact with friends and family whilst learning new things about the world.

4. Write an isolation diary

- When we look back at this time in years to come it will be great to have an account of what you did during the quarantine period.

5. Baking

- In my opinion, baking is a perfect way to pass the time. You have fun making the food, possibly by yourself or with your family, and you get to eat the end result!

6. Sort out your room

- I know that this may sound boring and the last thing that you want to do during your free time. However, it feels really good once you have cleared your room and it is all tidy and cosy! You can listen to music or an audiobook while doing so to help with the task.

7. Family film nights

- I am sure that everyone is spending quite a bit of time watching TV programmes. Why not make this into a fun family film night! Pick a movie that you all agree on and snuggle up in front of the TV to enjoy a quiet night with the family.

8. Learn a new skill

- This is the perfect time to pick up a new hobby or learn a new skill that you have been wanting to do for ages but have never had the time. Learn to sing, learn a new language, learn gymnastics, the opportunities are endless!

9. Help around the house

- This is a difficult time for everyone, and your parents will be working very hard to keep you safe and well. Help them and support them just like they are supporting you and this will be greatly appreciated.

10. Exercise

- There are plenty of exercise videos online. Whether you want to do dancing, yoga, a workout, there are endless videos to cover every level of fitness and every type of exercise. Why just do it alone, try it with your family! Keep each other motivated and have a laugh while keeping fit.

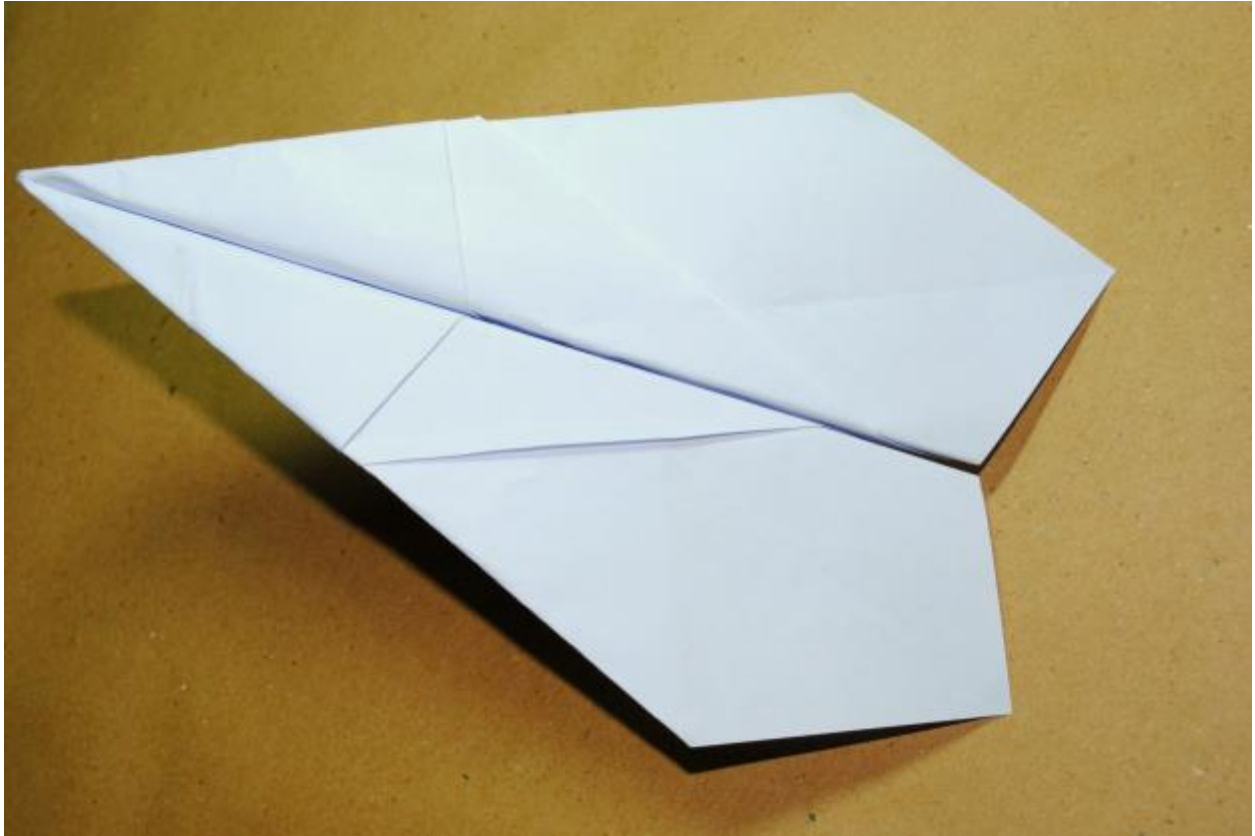
Resource Recommendations



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.