



## Wellbeing Week 2020



Five ways to  
**wellbeing**

## Definition of wellbeing:

the state of being comfortable, healthy, or happy.

Dear families,

Welcome to wellbeing week! We know that school closures have been a tricky time for families and children with so much change and uncertainty. We also know how important children's wellbeing is. Wellbeing can positively affect behaviour, learning and most importantly self - esteem – it's good to feel good about yourself!

This week we would like to support wellbeing by each day taking time to explore on one of the **five great ways to promote wellbeing**:

**Connect:** build connections with people around you.

**Be active:** boost your energy and mood by doing something active.

**Take notice:** be curious about the world and savour the moment.

**Keep learning:** learn something new to boost your confidence and have fun.

**Give:** do something nice for someone.

For each one there are ideas of things you can do to explore this area. You can do as many as you want to but we hope these will be introductions to things that you will start to do to support everyone's wellbeing in the weeks to come.

We know doing things together at home is different for every family and we continue to recognise that this needs to be a positive time for your children so the most important thing is to keep the time with your children fun, positive, motivated, calm and hopefully with lots of laughter!

After a week of focussing on your wellbeing we hope that you will feel more confident and have a bank of things that you have tried that will support your future wellbeing that you can share with your family. Do get in touch through Facebook, Twitter or through class emails; we'd love to see and hear what you have been up to do and most importantly let us know how it made you feel!

**The Dunsford Teaching Team.**

## Day 1- Connect

Can you find a way to connect with someone in your house?

What will you do that you can share together?



- ★ Family Teddy Bears Picnic! Each person in the household brings a soft toy and together they make a picnic or tea party. This could be in your lounge or garden. Take a photo of it. Find out what the soft toy is called, how old are they, what do they like/dislike? What is their favourite story / colour / joke / sport / food etc?
- ★ Think of some true or false questions about yourself. Connect with family and ask them the questions - how well do they know you?!
- ★ Share a favourite story with someone in your family.
- ★ Make a board game together or create your own UNO cards by designing a symbol and rule for each card. The cards can be as many or as few as you would like. Try playing the games with your family.
- ★ Dressing up game. Become a person in your house by dressing up as them in their clothes. Can the others in your house guess who you are?
- ★ Role models: who are your role models? Write a list of people that inspire you with the qualities that you connect with and why.
- ★ Have a jar/box that you write down anything you wish you could do e.g. see cousins, go to the beach, go swimming, see grandma etc. When this situation is over you can pick things out and go and do them.
- ★ Animals: pick an animal that you think represents you or that you would like to be. Can you draw it, make collages etc and then tell each other why you wanted to be that creature.

## Day 2- Take notice

- ★ Find a picture of your favourite animal or plant. Create a detailed drawing of it by looking carefully at all the features.
- ★ Watch the film 'Inside Out' and discuss the characters and talk about when they have experienced those emotions. Do you and your family react the same?
- ★ Meet the emotions on YouTube here: [Inside Out - Meet Your Emotions - My Life.](#)
- ★ Draw a self portrait or a family portrait - notice the real them by writing around the edge. (see powerpoint).
- ★ Listen to his story: [You Be You.](#) Design a fish individual to you.
- ★ What did you notice from the story: [Only One You \(Denbo\).](#)
- ★ Gratitude: What are you grateful for in your life? Write a poem to say what you are grateful or want to say thank you for. Can you do an acrostic poem with Thankful or Grateful?
- ★ Body scan: Lie down, relax and starting from your toes name all your body parts in your head, working up from toes to your head, relaxing each part as you go.
- ★ Hold an object in your hands and describe it using all your senses. E.g. It smells... It feels... It sounds... Get your family to close their eyes and see if they can guess what you are describing.
- ★ Listen to the birds - what can you notice about the sounds and patterns. Listen at a different time of the day - does the bird song sound the same or are there any differences?
- ★ Guess how I am feeling? Make a batch of playdough and make different faces showing different emotions. [How to Make Play Dough - Easy No Cook Recipe! | Sea Lemon.](#)



## Day 3 - Keep learning

- ★ Learn some Yoga movements (See Day 4).
- ★ Learn a new Arts or Crafts - drawing, painting, sewing.
- ★ [10 Easy Animal Drawings for Kids Vol. 1 | Step by Step Drawing Tutorials | How to Draw Cute Animals](#)
- ★ [Art for Kids - How to Draw in 1 Point Perspective](#)
- ★ Origami - Useful You Tube clips:



Easy- [Origami Easy - 3D Heart - Valentine's Day Craft](#)

Medium-

<https://www.youtube.com/watch?v=SuUKR7ZtALo&list=WL&index=82&t=0s>

Hard- [Origami: Heart Box & Envelope](#)



- ★ Cooking: can you cook some cookies, a simple salad or a yummy sandwich. Don't forget to take some photos of what you cook and share them on your school Facebook or Google Classroom page.
- ★ Music: if you have a keyboard you could learn a new tune:

<https://www.youtube.com/watch?v=BfS7yjADGnE&feature=youtu.be>

<https://www.youtube.com/watch?v=zQ3ahNcPEVg&feature=youtu.be>

- ★ You can download the keyboard app and learn a new tune:  
<https://www.youtube.com/watch?v=Hfw3RMTLvTY&feature=youtu.be>

## Day 4- Be active

- ★ Yoga: Can you create a sequence of different poses?

Useful yoga links:

- Cosmic Kids Yoga for beginners (age 3 to 5) - On the Farm & Nursery Rhymes



[Yoga Time! | On the Farm - Kids Yoga and Nursery Rhymes](#)

- Cosmic Kids Yoga - Pirate themed: *A fast-paced and fun kids yoga adventure about making the most of whatever treasure we find in our life. We meet Popcorn the Dolphin and she reminds us to 'Stay Calm, Keep Breathing'*

[Popcorn and the Pirates | A Cosmic Kids Yoga Adventure!](#)

- Cosmic Kids Yoga (age 6 to 11)

[10 Yoga Poses | Cosmic Kids Yoga Compilation](#)

(Be careful with the crow pose, you don't want to bump your nose on the floor!)

- ★ Walking: go for a walk with your family. How many different flowers can you spot? How many butterflies did you see? Take a camera and photograph the things that make you smile or interest you. What smells can you smell?
- ★ Make an obstacle course. You could use clean recycling to make objects to jump over or run around.
- ★ Make a kite and fly it on a windy day. (Be careful with overhead power lines if you make a kite with a long string!)
- ★ Put on a play that you have made up for others in your family to watch. Soft toys could also be characters in your show.
- ★ Dance: make up a dance and others in your family can copy you.
- ★ Be Joe Wicks for the day! Do an exercise routine that your family have to copy. Maybe you could video it and share it on the school Facebook page or in your Google Classroom page.

## Day 5- Give

- ★ Write a letter and draw a picture to residents at a care home to say hello and to let them know you are thinking of them.
- ★ Write a postcard for a friend and tell them what you have been up to.
- ★ Make a card or a gift for somebody else.
- ★ Give time to somebody else e.g telephone a friend or family member and notice how it makes you and them feel.
- ★ Paint a rainbow (if you have not already done this) and put it in your window as a gift to the NHS and key workers so show you are caring and thinking about them.
- ★ Make a thank you poster and put it out so the postal, refuse and recycling collection workers can see your message. Think about how this message you give makes them feel. How does that make you feel?



- ★ Say a 'thank you' to others in your home, especially if you don't usually say thank you for some of the things they do for you. If someone does something for you such as making your breakfast or getting you a drink, look at them and say 'thank you' and give them a smile. Watch what happens to their face when you have done that. What did you notice?
- ★ Bake a yummy cake for someone vulnerable in your community!
- ★ Make a picture frame using cardboard or paper and give it to somebody. You could even insert their portrait (if you made one) before giving it to them.

How are you feeling after a week of focussing on promoting your wellbeing?

Let us know!

