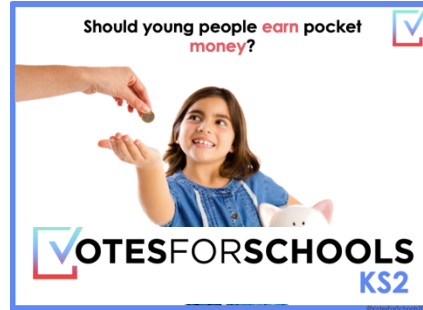


Wellbeing Wednesday



Votes for Schools 🤔
Have a look at the full vote pack on the Year 5 section of the NV website and then cast your vote by clicking on this link:
<https://www.surveymonkey.co.uk/r/vfs-primary-money>

Connect

Give someone a call!

Ask your family if you can call a family member or someone from our class. Check in with them and ask them how they are. Tell them what you've been up to and what you're looking forward to doing the next time you see each other!

Hearing each other's voices will make you BOTH feel great.

Be active

Get active! Go for a walk or jog, do an exercise video, set up an obstacle course in your house or garden, turn on your favourite music and dance around for half an hour...?



Give

Give your time to someone today!

You could offer to help a family member with some chores, or tidy your room? You could read a book to a younger sibling or play with them for a while?

Take notice

Have 5 minutes of 'Mind Time'

Find somewhere quiet where you can sit and relax. Use your 5 senses to notice what you can see, hear, smell, taste and touch. Notice how your mind and body is feeling today. Think about some of the animations we have watched in Mind Time...you don't have to run out into the traffic and chase the thoughts, just watch them.

Keep learning

The personal enrichment sessions were a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest!



Think about what hobby you might like to take up at home. Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

Learning a language – you could use Duolingo
Writing – write your own comic strips, poetry or graphic novels?

Reading – take some time to get lost in a book!
Drawing – you could use YouTube tutorials or draw things that interest you

Rambling – enjoy walking in nature

Exercise – try out a new way of keeping fit. It could be dancing, yoga, boxing – there are lots of free online classes on YouTube!

Coding – use Scratch or other free coding websites
Gardening – don't have a garden? Notice the nature outside your window or on your walks!

Crafts – get inspired to create something!

Games – learn a new game, like chess...?

Music – listen to music, or create your own!