

# # 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-mars>

### Connect

Join your group's catch-up meeting!

Think about what you might want to talk to your friends about during our meeting. What have you been up to that you can tell them about? Have you got a joke to share or a website they might like to have a look at? Have you read a good book that you could recommend to them? I bet they can't wait to see you!

### 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...?

### 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!

### 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.

TAKE  
NOTICE



GIVE



KEEP  
LEARNING



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?