

Wellbeing Wednesday



Votes for Schools 🤔

Have a look at the full vote pack on your year group section of the NV website and then cast your vote by clicking on this link:

<https://www.surveymonkey.co.uk/r/vfs-primary-uniqueness>

Connect

It's important to keep in contact with everyone around you. You could:


- Talk to a friend or member of the family on the phone
- Send a friend or member of the family a letter
- Ask someone how they are and sit down and listen
- Smile and wave to people you see around

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!
Gardening – don't have a garden? Notice the nature outside your window or on your walks!
Crafts – get inspired to create something!
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.

You could have a go at follow 'Peace Out' guided relaxation tasks.
<https://www.youtube.com/channel/>



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 with a sibling or play with them for a while?