

# # Wellbeing Wednesday

Are you ready for the new normal?



**VOTES FOR SCHOOLS**  
Primary KS1

## 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-new-normal>

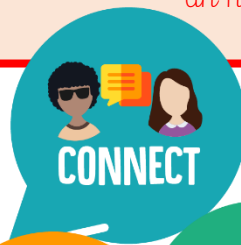
### Connect

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...?



### 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?

### 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/>