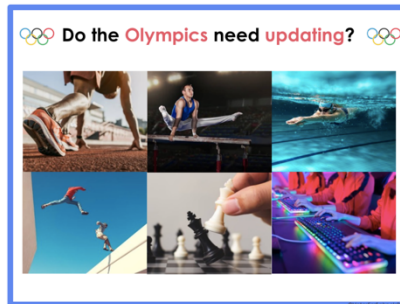


# # Wellbeing Wednesday



## 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-olympics>

## 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...?

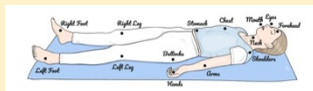
## Keep learning

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...

## Take notice



Have a go at some 'Progressive Muscle Relaxation'. Find a quiet place free from distractions and lie down. Start by tensing your forehead and raising your eyebrows up, before relaxing and releasing. Imagine you are scanning down your body, squeezing and tensing each group of muscles before relaxing them again. Visit: <https://www.vergellmind.com/how-to-i-practice-progressive-muscle-relaxation-3024400> for more info about this technique.

CONNECT

BE ACTIVE



GIVE



TAKE NOTICE



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?

**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!