

Wellbeing



The Big Questions

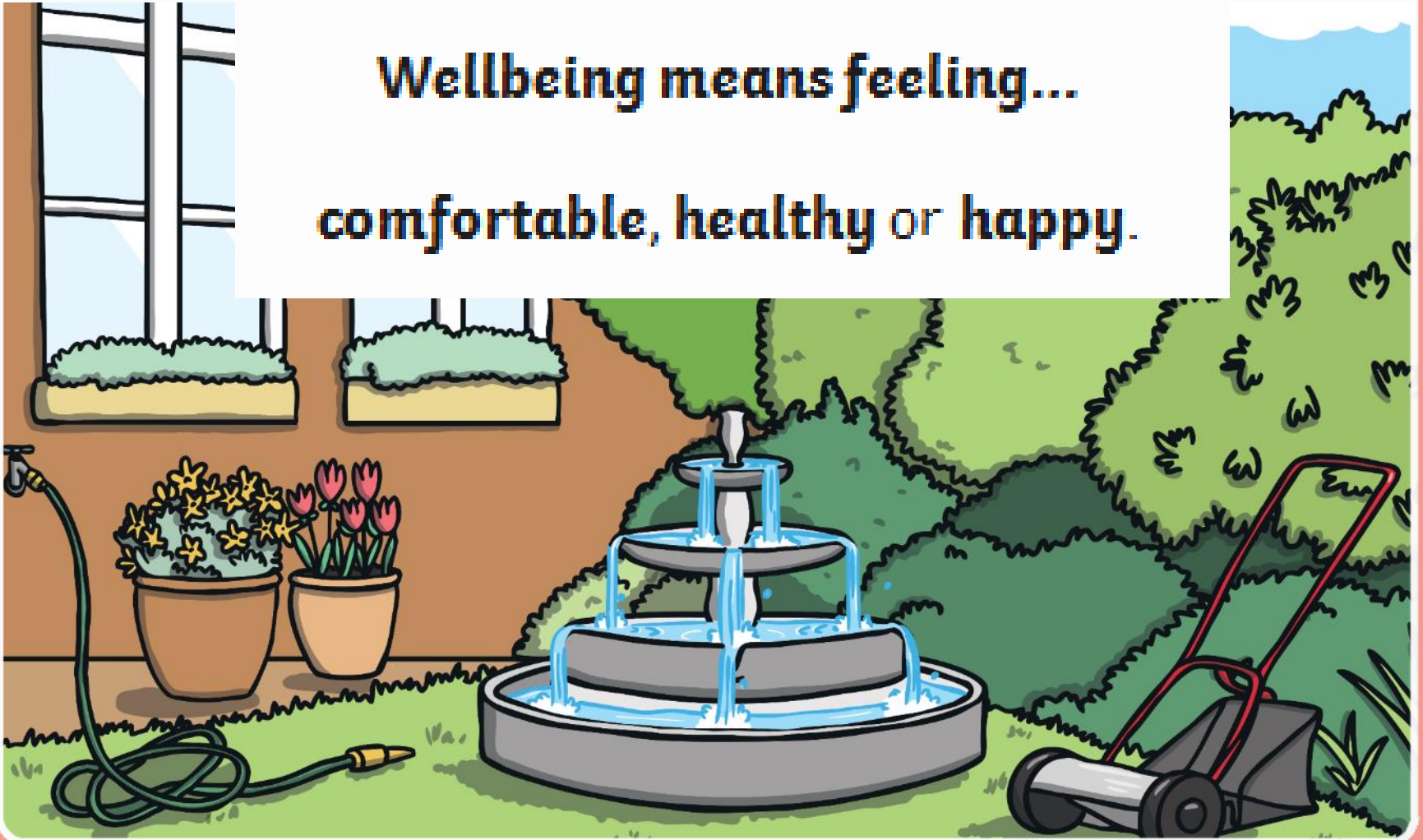


What is wellbeing?

**How can I look after
my own wellbeing?**

What is Wellbeing?


**Wellbeing means feeling...
comfortable, healthy or happy.**





Top tips for looking after your wellbeing:

Time and time again, scientific studies have shown us that if we do the following five things listed below, happiness will increase.

1. **Connect** - spend time with family, talk and listen 
2. **Be Active** - whether you go on a long walk or bike ride, take regular exercise you enjoy
3. **Keep learning** - listen, pay attention and you really can learn something new everyday
4. **Give** - be it a smile, a helping hand or a thank you, sometimes the smallest things are the most appreciated.
5. **Take notice** - of your surroundings, your family, remember the simple things that give you joy. Paying more attention to the present moment can improve your wellbeing, we call this awareness 'mindfulness'



Be Active



Challenge for you....each week we will embrace one of the five ways to wellbeing. This week's focus is to be active. What will you do?



How to play the game:

Start with equal amount of equipment on each side – when the music starts, throw equipment to the other side of the bench using underarm throws. Any equipment which goes outside the square should be left there. When the music stops, children should stop throwing. Count how many objects there are on each side. The team with the least amount of objects on their side get a point. Start the music again and repeat.

Listen to your favourite song and dance around the room



Sofa Workout

Repeat 3 times | up to 2min rest between sets



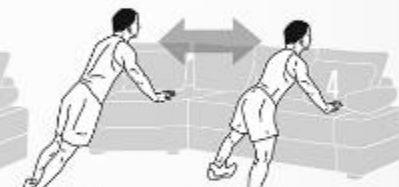
20 half squats



10 sofa dips



20 climbers



10 side-to-side sofa walks

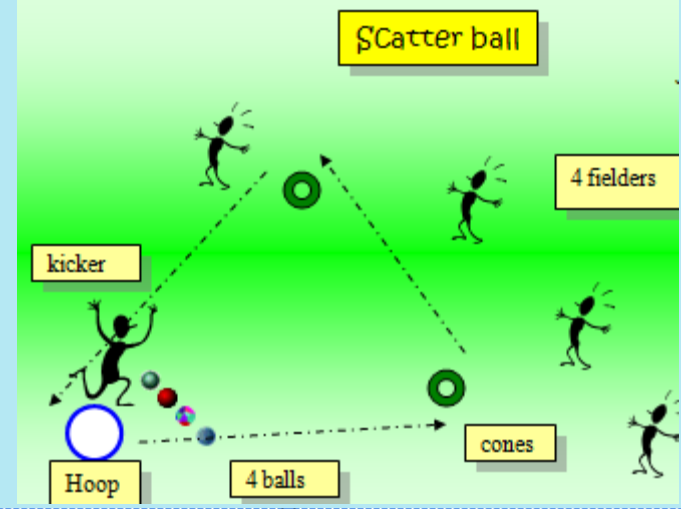
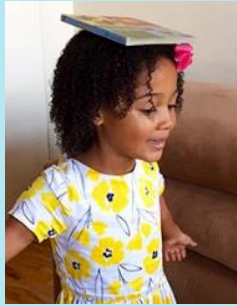


10 leg raises



10 raised leg circles

Create an obstacle course in your garden or inside, this could be under chairs, jumping in and out of hoops, throwing balls into a bucket, jumping jacks, get creative and have fun!



How to play the game:

The kicker kicks all 4 balls into a space. When all 4 balls have been kicked, the fielders should collect a ball and run and put it into the hoop. While they are collecting the balls, the kicker should run around the triangle as many times as s/he can before the balls are returned to the hoop. S/he must stop running as soon as all balls are inside the hoop. One of the fielders then becomes the kicker and s/he becomes a fielder. Each child competes for themselves rather than for a team. The game could also be played using rounder's markings



Don't forget Joe Wicks

P.E. WITH JOE
Monday - Friday
9am Live on YouTube
The Body Coach TV
#PEwithJOE



You can do this!

Take photos, share your learning with me, I would love to see what you have done.

Miss Turner