



## What is mental wellbeing?

Your mental wellbeing is about **how you're feeling right now, and how well you can cope** with daily life. Our wellbeing can change from moment to moment, day to day, or month to month.

Sometimes it changes because of things that happen to us and sometimes it changes for no reason at all. It can affect the way we feel about ourselves and others, and about the things we face in our lives.



## **Why is my wellbeing important?**

Having good wellbeing can help you to:



feel and express a range of emotions  
have confidence and positive self-esteem  
have good relationships with others  
enjoy the world around you  
cope with stress and adapt when things change.

Good wellbeing doesn't mean you'll always be happy. It's normal to feel sad, angry, or low sometimes.



## Top tips for looking after your wellbeing:

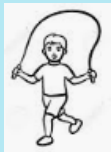
Time and time again, scientific studies have shown us that if we do the following five things listed below, happiness will increase.

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?



Skipping is a strenuous exercise, so start slowly at first. Try skipping for 20 to 30 seconds, marching on the spot for 30 seconds, and then repeat.

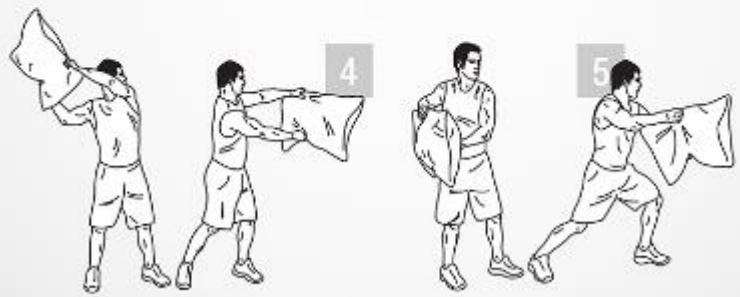
Can you complete the pillow workout?

## pillow workout

repeat 5 times | up to 2 minute rest between sets



20 pillow presses    10 pillow squats    10 pillow high knees

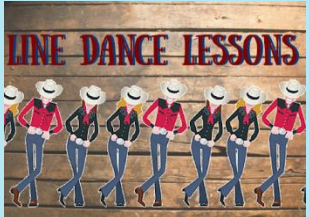


20 pillow strikes    20 pillow lunges



Listen to your favourite song and dance around the room

Learn a dance routine  
How about line dancing?



Make a fitness routine and put your family through their paces



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