

Health and Wellbeing activities

It is important to have lots of breaks when you are learning at home to keep you calm and focused - here are some activities for you to try when you need a break from learning. They all focus around the 5 ways to wellbeing.



Have a look through and choose ones that you like - no one is the same so different activities will work better for different people - you don't have to do them all.

Colour in, or circle, which area of wellbeing your task is focusing on in the top corner of each page.

Keep fit!

Exercise releases happy hormones.
Jog on the spot for 5 minutes or run
from one spot to another and try to
keep the same pace up.



You could do this on
different days and
see if you can get
any faster or run
for any longer.



Remember to drink
lots of water and
rest when you get
tired.

Bake!

Learn how to make chocolate dipped, shortbread biscuits! Follow the recipe - make sure you have an adult to support you.



Ingredients:

200g butter

100g icing sugar

250g plain flour

1 tablespoon milk (more if need)

50g chocolate

Method:

1. Heat the oven to 180C (160C fan)
2. Whisk the butter and icing sugar until fluffy
3. Sieve in the flour (it will get crumbly now)
4. Add the milk - keep mixing until it all sticks together
5. Roll into balls and put onto a baking sheet - leave space between each one as they will grow!
6. Bake for 15 minutes or until golden brown
7. Leave biscuits to cool
8. Microwave the chocolate for 20 second bursts until melted (you can skip this bit if you don't have chocolate)
9. Dip the cooled biscuits into the chocolate then leave to cool again - once cooled - enjoy your biscuit!



Keep in touch!

Keeping in touch with people we know can help us to feel better and less on our own. This could be a text, a call, a letter or even an online game with friends.



Draw or stick pictures of people who are important to you in the boxes below (or write them at home). Choose a way to keep in touch with them and give it a go this week!



Picture

Name:

How I will keep in touch:

Picture

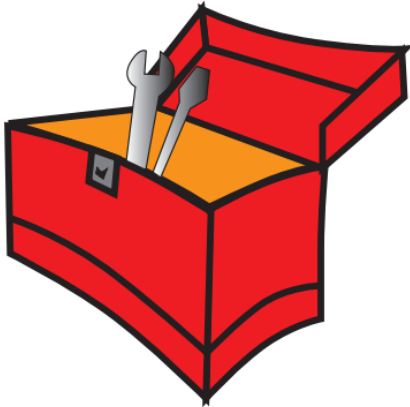
Name:

How I will keep in touch:

Take some time!

Life is a bit strange at the moment and there have been lots of changes.

It can be helpful to think about things that make you happy.



This activity can be one you just think about, one you write down or one you actually make. That is up to you!

Make a list of things that remind you of good times or things that make you happy.



This could be...

- Photos
- Drawings
- A gift you've been given
- Your favourite book
- A sachet of hot chocolate
- A bath bomb
- A teddy
- A Netflix show
- Things to help you relax (walking, drawing, dancing)

If you can find a box or an area of your room, you could put these things there and get them out when you take a break.

Help others!

People deal with change in different ways but it is always nice to know that someone is thinking of you and that there are people to help you. It can also make us feel better to know we have helped someone else!



Think about who you could help and how you could do it. Draw a heart and write the person's name inside it that you have chosen to help.



Now choose a way you can help them...you could even do more than one! 😊

Help with the washing up.	Dust in the house.	Help cook tea.
Say something nice.	Walk the dog or clean out a pet.	Take the bins out.
Tidy my room.	Help put the shopping away.	Give a hug.
Vacuum the house.	Fold the washing.	Set the table.

Reflect!

Sometimes we are so busy we forget to look at, and appreciate, the things around us. We can worry or have negative thoughts too and by stopping and taking time to be in the now, we can help improve our wellbeing.



Taking time in nature can help us to feel calm. Go for a walk and take time to look around you.



What can you see? What can you smell? What can you hear?

Collect leaves and make a collage when you get home or draw a picture. If you have a camera you could take photos to look at later. Or just sit and think about all the things you saw on your walk.

Keep fit!

Remember, exercise releases happy hormones! 😊



Try some leg raises. Lie on your back and slowly raise one leg. Lower it slowly back down to the floor. Do this with the other leg. One leg at a time. You could do this on different days and see if you can do any more in the same time.



Remember to drink lots of water and rest when you get tired.

Bake!

Learning to bake something new can make you feel proud and happy. It can also be nice to share what you have made with someone at home. Try these cheese scones - make sure you have an adult to help you.



Ingredients:

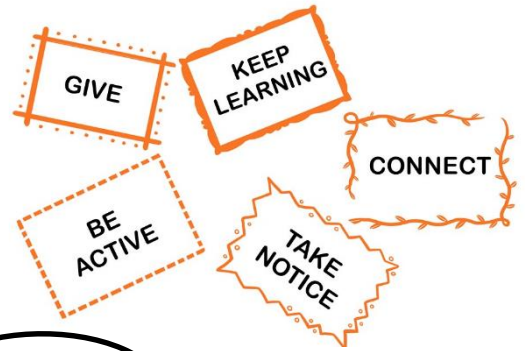
225g self-raising flour
55g butter
25g grated cheese
150ml milk

Method:

1. Preheat the oven to 220C
2. Rub the butter into the flour
3. Stir in the cheese
4. Add the milk to get a soft dough
5. Put on a floured surface and knead (turn and fold)
6. Pat into a circle, 2cm thick
7. Use cutters or make into balls (6 - 8)
8. Space out on a floured baking tray or use baking paper
9. Brush the top of the scones with milk
10. Bake for 12-15 mins. or until golden and risen.
11. Leave to cool
12. Enjoy! Don't forget to share! 😊

Do something nice!

Helping others can help us too as it can feel good to make other people happy!



Who are the people in your house or family that you can do something nice for?

Choose one (or more!) of these ideas for being nice to others...

Give a hug	Say thank you	Make something small as a gift
Send a text or email to someone	Tell someone you appreciate them	Call up someone for a chat
Write a thank you letter	Ask someone how they are	Write a poem and read it to someone

Think about how that person felt after what you did.
How did you feel?



Mindfulness!

Challenge yourself to take some quiet time and focus your mind.

Choose something to focus on or just write about whatever comes into your head.

You could write about:

- How you feel
- Your favourite things
- Things that make you happy
- Places you have been before



See if you can keep writing for 10 minutes.

How did this make you feel?



You could draw a picture to go with your writing.

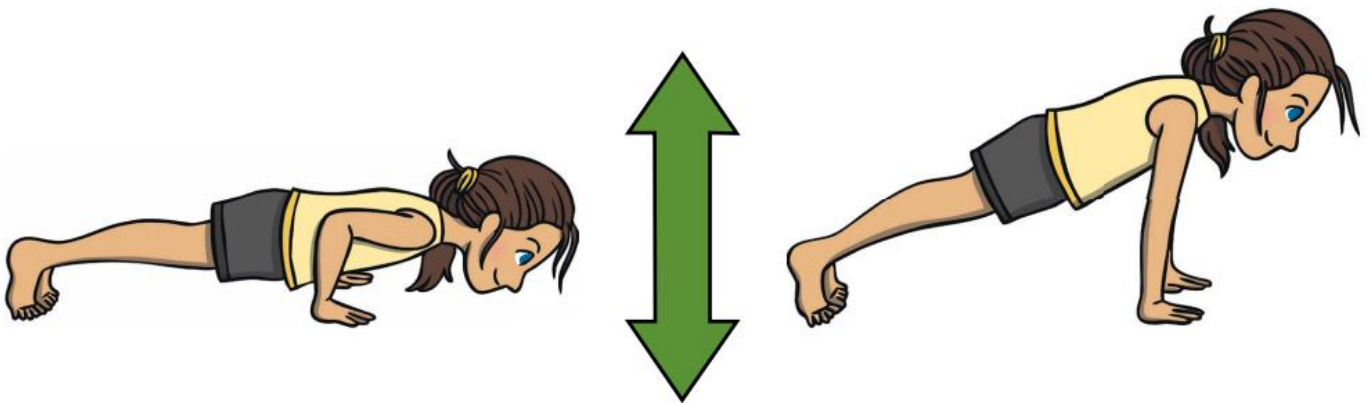
If you want to - you could share this with someone at home.

Get moving!

It's good for your body to get moving, even when we are at home. It can be fun to try new exercises and can make us feel better too!



Try press ups.



Look at the pictures. Lie flat and raise your body up using your arms and feet (left picture) then push with your arms so that you come away from the floor (right picture). Repeat.

See if you can do 5!



Maybe if you try each week you could do more!

Top tip!
You can put
your knees on
the floor to
make it easier!

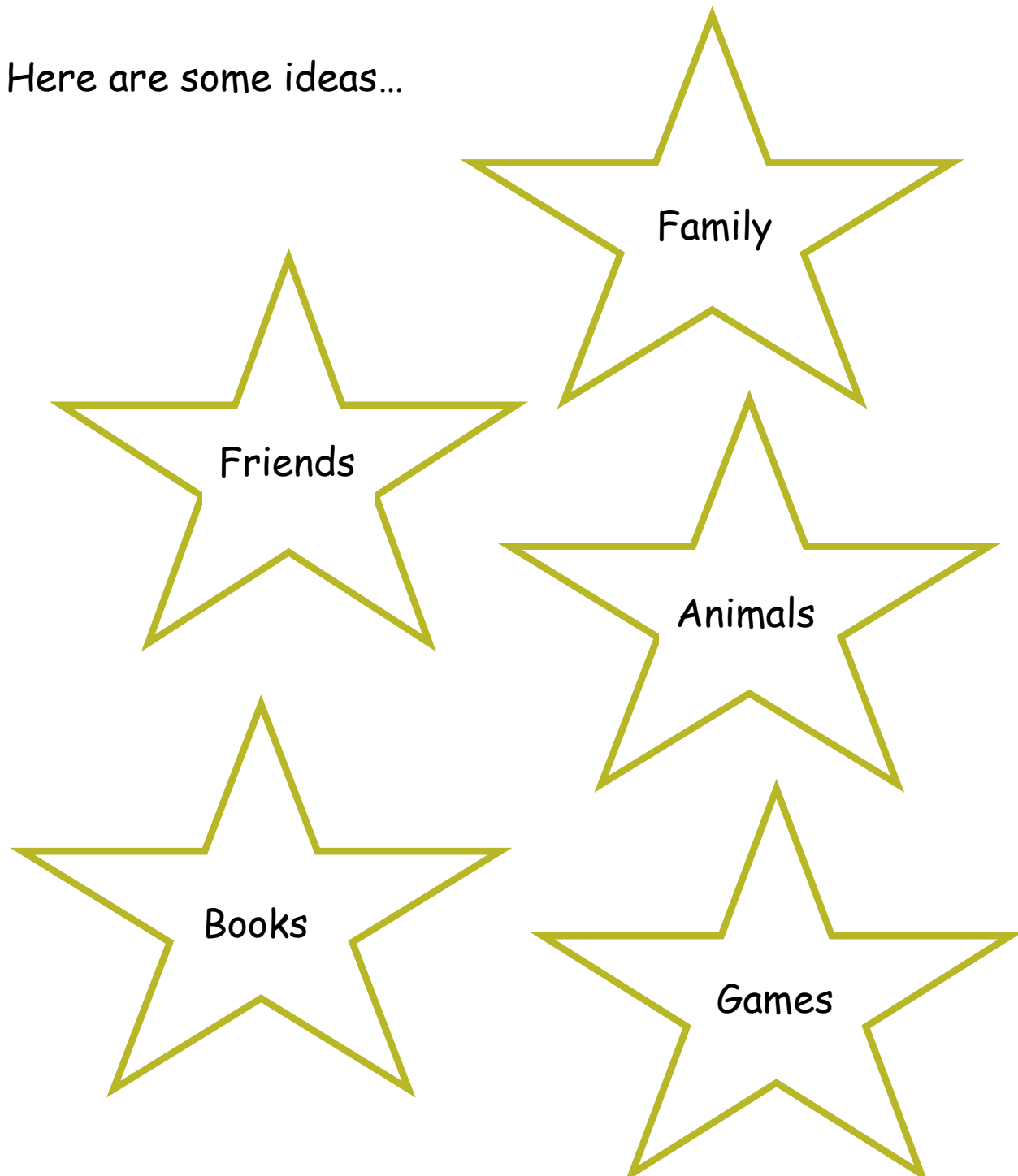
Say thank you!

Sometimes we forget to say thank you when we are busy. It can help us feel better when we take time to think about what we could be thankful for.



Sit down or lie down for 5 minutes in the quiet and try to think of 5 things that you could say thank you for.

Here are some ideas...



Bake!

It can be nice to have a snack to eat whilst you learn at home.

Have a go at making these flapjacks, you could have one in the afternoon as a treat!

Remember - make sure you have an adult to help you!



Ingredients:

- 250g butter
- 200g light brown sugar
- 150ml golden syrup
- 550g oats (porridge oats)

Method:

1. Heat the oven to 180C (160C fan)
2. Melt the butter, sugar and syrup in a pan
3. Stir in the oats
4. Butter (or line with baking paper) a 20cm square baking tin (or a tin you have!)
5. Spoon in the mixture
6. Press in firmly
7. Bake for 20 minutes or until golden brown
8. Leave to cool
9. Cut into 36 squares (might be less/more depending on the tin)
10. Enjoy!

Breathe!

Focusing on our breathing can help us to be calm when we are anxious, worried or stressed.



Try this technique to focus your breathing. It can help calm your mind, relax you and focus your attention on what you're doing.



1. Sit down somewhere comfortable
2. Close your eyes
3. **Imagine** you have a balloon in your stomach
4. When you breathe in, imagine the balloon blowing up (your stomach should rise)
5. Hold for a few seconds
6. When you breathe out, imagine the balloon going down
7. Repeat until you feel calm

Think about how you feel now.

When could you use this technique?

Giving!

Giving is a nice way to let others know you appreciate them. You don't have to spend money or lots of time to give. Giving someone a compliment can be a great way to make someone else feel good.



Compliments are when we notice the good things about other people.

When giving compliments we -

- Use a friendly voice
- Look at the other person



Think about who you could compliment in your house and why. Choose from some of the compliments below and have a go! You could say it to them or leave a note for them to find!

You are a good friend.	You are funny!	I like how you listen to me.	You are really kind!
You are a good listener.	You are very helpful.	You are the best!	I like how you read books!
You are really patient.	I like the way you help me.	You make me happy!	You are very thoughtful.