

Berry Hill Primary School  
Wellbeing ideas w/c 25<sup>th</sup> January 2021

These activities are to enhance the provision provided by the teachers for Home Learning. This will be updated weekly and follow the same pattern but with new activities each week.

All the activities link to the Five Ways to Wellbeing: Take Notice, Keep Learning, Be Active, Connect, Give

Have fun!  
Mrs Stevens

## Mindful Monday

Mondays are all about Mindfulness which links to the Five Ways to Wellbeing area of 'Take Notice' and which focuses on being able to pay attention to the here and now. The idea is to focus on breathing-in and breathing-out which will help quiet our minds and reduce felt sensations of worry/anxiety. You can use these exercises throughout the day especially when you feel that you need to calm your body and mind.

### Flower breathing

- With eyes closed, imagine smelling a beautiful flower. Breathing in slowly, fill your body with freshness. Breathing out slowly, notice how your body feels.



### Like the Mountain

- Stand tall, feet forward with legs hip-width apart.
- Straighten your arms alongside your body.
- Imagine you are a mountain, strong & stable.



## Try It Tuesday

This links to 'Keep Learning' of the Five Ways to Wellbeing and this focuses on trying a new skill. Learning something new can lift your mood and setting goals is linked to better wellbeing.

### Reading Explorer

MyON is our new online reading platform and has a wide range of books to choose from. Why not try something new and type in the search box something you're interested in and choose a book that comes up from your search.

### Music Maker

Have a go at making your own music and expanding your musical vocabulary:  
<https://musiclab.chromeexperiments.com/Experiments>



## Work Your Body Wednesday

This links to 'Be Active' of the Five Ways to Wellbeing. There is a link between staying active and positive mental health and wellbeing. By regularly taking part in some form of exercise we can look after our mental and physical health at the same time.

### Hot and Cold

Ask a family member to hide 5 things and you have to find them. How quick can you find them?



### Strength Challenge

Can you put your arms out to the side and keep doing small circles until a song ends?



## Talk About It/Thankful Thursday

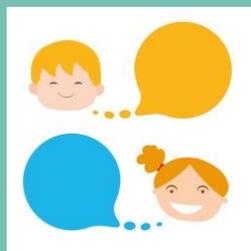
This links to 'Connect' and 'Give' of the Five Ways to Wellbeing. Feeling connected to other people is important. It can help you to feel valued and confident about yourself and can give you a different perspective on things. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

When we 'Give' to others it not only makes the person receiving it happy and thought of, it also, according to research, can make you happier. Even

### Talk About It (Connect)

With your family, discuss these questions:

- Which smell do you like?
- Which smell don't you like?
- What makes you laugh?



### Thankful (Give)

- Quietly, to yourself, name three things in nature for which you are grateful. As you recall these things, send them a thank you. For example: *Thank you, trees. Thank you, rain. Thank you, butterflies.*



## Fun Friday



It's good for your mental health and wellbeing to do something that you enjoy so the last day of the school week focuses on this. Fun Friday is about choosing an activity that makes you smile. This could be playing a game with your family, building a Lego model, drawing/painting a picture or doing something active. What will you choose?