

<b>Subject: Well-being</b>	<b>Week: 3</b>
<b>Class: Everybody</b>	<b>From: Miss Wright</b>
<p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Reduce anxiety</li> <li>• Boost energy levels and mood</li> <li>• Increase self-confidence</li> </ul> <p>Below are some activities and information that you might find useful to help improve your mental health and well-being.</p>	
<p><b>Activities:</b></p> <p><u>Useful website:</u></p> <p><a href="http://www.mentalhealth.org.uk">www.mentalhealth.org.uk</a></p> <p>It has tips and advice for looking after your mental health during the Coronavirus outbreak.</p> <p><u>Something to watch:</u></p> <p>Pooky Knightsmith’s 54321 grounding and relaxation technique. The 54321 technique is a great technique to use when you feel yourself becoming anxious or angry or encountering a stressful situation. Practice it when you are calm so you are ready to use it when needed.</p> <p><a href="https://youtu.be/jHV2J8Gp5c4">https://youtu.be/jHV2J8Gp5c4</a></p> <p><u>Useful Apps:</u></p> <div data-bbox="204 1377 347 1545" style="text-align: center;">  <p>Calm Kingdom</p> </div> <p>Instructions on how to install this app can be found in week 1.</p> <p>It’s a good idea to explore the App when you are feeling calm and relaxed. If you do begin to feel anxious, angry or worried at any time then you can go on the App and find an activity that you know can help you to feel better.</p>	

5 Ways to Well-being Weekly Challenge

**Connect, Be Active, Take Notice-** This week we are going to group these together and be part of the 'Bear Hunt' that is sweeping the world. Join in to connect with others by putting a teddy in your window. Be active by going for a walk around where you live and take notice by spotting the bears as you walk round.

Here's a little bit from the news that explains it:

*A mass teddy bear hunt is under way around the world to help distract the millions of children locked down because of the coronavirus pandemic.*

*Stuffed toys are being placed in windows to give children a fun and safe activity while walking around their neighbourhood with parents.*

*The hunt is inspired by the children's book We're Going on a Bear Hunt, written by UK author Michael Rosen.*

*Teddies have been spotted around the world, including in the UK and US.*

**Keep Learning, Give-** Learn a card trick then show it to the people you are self isolating with to amaze them. This trick is also good for your spelling! Use your iPad to video yourself doing the trick. <https://youtu.be/tlQiuCeezUA>

**Evaluation:**

Before each activity think about how you are feeling. Name your emotion. Write it down.



When you have finished an activity think about how you are feeling. Name your emotion. Write it down.