

Priory Junior School  
Wellbeing Day  
19<sup>th</sup> June

# Below are five recommendations for ways to keep a positive mindset. Have a go at least one from each section as part of our Wellbeing Day.



Connect - 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships



Be active - take a walk, jog or cycle or find another activity that you enjoy



Keep learning - learning new skills can give you a sense of achievement and increased confidence.



Give - even the smallest act can count, whether it's a smile, a thank-you or a kind word.



Take notice - be more aware of the present moment, including your thoughts and feelings, your body and the world around you.



# Connect

- Create happiness cards that promote friendship and wellbeing. Stick them in a window for someone else to see. EG. Be kind, keep smiling
- Create your family tree. What is the best feature about every member in your family?
- Read a story to a family member - this could be done via video call



# Be active

- When on a walk either today or over the weekend, undertake some natural art
- Create your own obstacle course. Try hop scotch, star jumps, burpees, shuttle runs
- Try a yoga session. There is a fantastic video from Mr Sadler on our website or you could try this one based on The Twits [http://www.viewpure.com/9vLpwN-\\_DGw?start=0&end=0](http://www.viewpure.com/9vLpwN-_DGw?start=0&end=0)





# Keep Learning

- Try and think of an animal that begins with each letter of the alphabet
- Play a family board game. Try <https://print-and-play.asmodee.fun/> for printable games if you fancy something new
- Learn 1-10 in Italian:

1 uno (*oo-no*)

2 due (*doo-eh*)

3 tre (*tray*)

4 quattro (*kwa-trow*)

4 cinque (*ching-kwe*)

6 sei (*say*)

7 sette (*set-eh*)

8 otto (*o-toh*)

9 nove (*nor-veh*)

10 dieci (*di-etch-ee*)



# Give

- Think about a friend or family member that you are grateful for. Write them a short poem, try starting each line like this:

Thank you for.....

EG. Thank you for helping me with my Maths learning

- Give your time - ask someone how you can help them today
- Draw and cut out a paper flower - give this to someone to make them smile



# Take Notice

- Take time to stop and think about how you have felt over the last few weeks
- Look up to the sky and find the different shapes in the clouds
- Start a happiness jar - write down what makes you happy
- Take some quiet time to draw or do some colouring