



Student Wellbeing Day

In order to support our community and student's return to school, we have ringfenced Thursday 4th March 2021 as a student wellbeing day. We encourage all students on this day to focus on their own personal wellbeing and mental health in preparation for their return to school. We have suggested a timetable below with activities and links which you could use on this day but students may follow their own plan if they so wish.

Period 1 <i>Focus: Mental health</i>	Explore the different areas around mental health and research any areas you are particularly interested in. Looking after yourself - YoungMinds <i>Information on how to look after your mental health and suggestions of how you can improve your mental health.</i>
Period 2 <i>Focus: Emotional health</i>	Switch off any technology and relieve your stress and anxiety through one of the below. Mindful colouring - Click here for some examples / Painting / Drawing / Sewing / knitting / cooking / reading – check out the activities posted for World Book Day.
Period 3 <i>Focus: Reflections</i>	Create two mind maps. On the first reflect on what you are grateful for. On the second identify any concerns and worries you have and any possible solutions you can think of. Example : Mind Map Inspiration Art, Advice, Encouragement
Period 4 <i>Focus: Physical health</i>	Take some time away from the screen and let your mind run free. Komoot <i>Plan a walk or cycle for you to complete in this hour or after school.</i> The Body Coach TV <i>Complete a Joe Wick's video.</i>
Period 5 <i>Focus: Relaxation techniques</i>	Spend this hour focussing on ways you can relax. Headspace Guide to Meditation Netflix Official Site Headspace App <i>Try out some meditation.</i> Pilates Class / Yoga Class <i>Try out a pilates or yoga class.</i>
Next steps	In order to prepare yourself for our return to school, consider some of the options below. Plan out your school routine. If you have trouble sleeping try out the Calm app on your mobile phone. Consider the ten keys to happier living here .

