

# Stoke's Wellbeing Afternoon Session 1

At school last term, we learnt about some of the different ways that you can improve your mental health and wellbeing. Whilst you have all been working hard on your home learning this week, it's now important to stop and do something different...

Pick a few of the activities from here that you'd like to give a try today. How does doing them make you feel? Perhaps you could try to do at least one of these activities everyday next week...

## LEARN

Learn a new skill; learn how to do a trick on your bike, learn to juggle, learn how to play a board game like chess, learn how to topic that you're interested in e.g. a country you'd like to visit or sport you'd like to try. Learning something new makes us feel AMAZING!

What about trying these things?

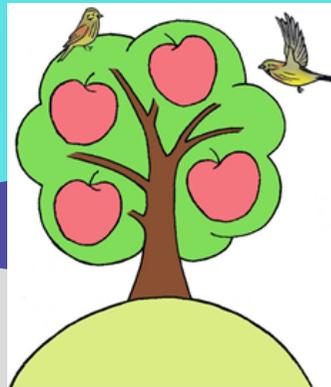
## BE ACTIVE

Go for a walk, go for a bike ride or go for a run. Could you complete the Friday mile at home around your garden, or somewhere close to home? Remember, staying fit and healthy is great for your wellbeing!

## TAKE NOTICE



Make a family gratitude jar (research shows that by identifying positives, we can improve our wellbeing, increase our resilience, strengthen relationships and reduce stress). Each day, every member of your family can add a note that says something you are grateful for. Or... make a feelings diary, record how you're feeling. Or... speak to others about how you've found your week. What did you enjoy? What did you find difficult?



## GIVE

Offer to do some jobs around the house, tidy your bedroom, smile at someone on a walk, make someone a drink, pay someone a compliment and see how good it makes them feel!

Have a go!

## CONNECT

Facetime or Zoom a family member or friend, send a letter or draw a picture and pop it in the postbox.

Let the rest of Stoke know what you did to improve your wellbeing this week. Post pictures in your Google Classroom or send to [homelearning@stokeinteignheadschoo.org](mailto:homelearning@stokeinteignheadschoo.org)!

