



# Wellbeing

Now more than ever, it is important we look after our wellbeing.

Each week we will be having an afternoon where the children will not be joining any formal lessons. During this afternoon we would like the children to focus on looking after themselves!

In this weekly newsletter, we will be sending out some helpful advice, ideas and strategies to support looking after your own and your child's wellbeing.

Your child may choose to do some exercise, do some mindful colouring or art, go for a walk, join in with some live zoom yoga, or complete some of the activities included in this newsletter. If you are able to, it would be lovely if you could also join in with them.



### Zoga (Zoom yoga)

Join Mrs. Hine for some Yoga on zoom. Children are invited to join in with some yoga during our wellbeing afternoons. The session will cover some basic yoga postures and will also include some relaxation and breathing techniques. The success of the sessions relies on technology and there will be a limit on the number of participants able to enter – please bear with us whilst we work at the best way to offer these sessions. These sessions are optional but it would be great to see lots of you joining in – parents, siblings and pets also welcome.

Year 5 & 6 – 13:30 – 14:00 Meeting ID: 266 633 6207  
<https://us02web.zoom.us/j/2666336207>

Year 7 & 8 – (14:15 – 14:45) Meeting ID: 266 633 6207  
<https://us02web.zoom.us/j/2666336207>

## Building Resilience

Resilience can be defined as “Your ability to adapt and cope with challenges that at the time might seem too difficult”. Watch this video which help us to understand the definition of resilience.

<https://www.youtube.com/watch?v=vHbOFx4Eq5U&feature=youtu.be>

Why is resilience important? Having resiliency skills minimises the effect that negative, stressful situations can have on a young person. These skills allow a young person to face challenges, learn from them and apply these skills towards living a healthy life.

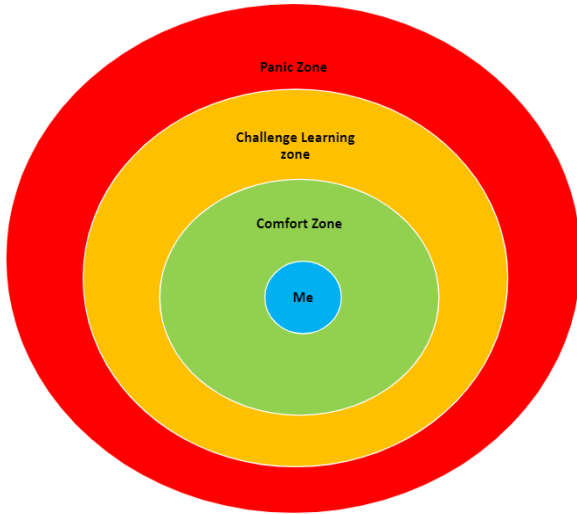
### Activity

Make a list or talk to somebody at home about potential stressful situations that could be helped by building resilience, e.g. illness, changing schools, transitioning between year groups, family situations, changes in friendship groups, conflict with others, student workload etc. Watch this video about what resilience is to young people. <https://www.youtube.com/watch?v=4RzHx5rw0f4>

### Overcoming overwhelm

"It's all too much. I can't cope." Most people feel overwhelmed by life's challenges at some time. The cause might be pressure of exams, school work, virtual learning, anxiety about the future, family or friendship stresses or a combination. Write down what helps you recharge your batteries when you feel exhausted and hopeless? Can you write down any other things that could help you manage stress? Perhaps you could try one of them next time you feel overwhelmed? How about going outside for some fresh air (even just walking around your garden can help!), having a go at a mindful breathing exercise, reading for a few minutes, listening to a podcast or music (there are lots on headspace and Spotify), writing down your thoughts or things you need to do so you feel more organised and less stressed. Next week we will share a list of reducing stress ideas, maybe you will find the ones you have written down or some new ideas.

## Zones of Resilience



Resilience is a skill we can train and develop! At some points in time you may do something you have not done before, something you find difficult or something you don't like or something you find easy.

- You may feel uncomfortable
- You might not feel like trying

If this happens, I wonder how you will respond. Will you choose to challenge yourself; will you keep trying even though you aren't able to do it...YET!

Success will not be measured by whether you can do the skill but whether you can choose to challenge yourself and keep trying.

Watch this video about the zones of resilience.

<https://www.youtube.com/watch?v=c--2dVTSTTY&feature=youtu.be>

**Activity:** Have a discussion about or write down a time when you felt like you have been in each of the zones.

Create a poster informing somebody younger than you about resilience, why it is important and how you can build it.

## Mindful Colouring

Have a go at some mindful coloring. If you are unable to print perhaps you could draw your own image filled with patterns and shapes and colour it in. Send in photos of your colouring. We will be giving out mindful colouring books and colouring pencils as prizes for the best ones when you return to school. Winners to be announced in next week's Wellbeing newsletter.



## At Home Highlights

Next week we would love to share some of the wellbeing activities you have had a go at. Please share your photos, videos and comments with us via our school twitter page or email them to [nhine@st-johns-bromsgrove.worcs.sch.uk](mailto:nhine@st-johns-bromsgrove.worcs.sch.uk) These could include photos or videos of you having a go at some yoga, photos of a nice mindful walk, pictures of some mindful colouring, your Maths challenge answers or an image of your resilience poster.

## Can you show resilience when completing this Maths challenge?

Here is a grid of four "boxes":


You do not need to print for this activity. Just draw grids of four on a piece of paper.

You must choose four **different** digits from 1–9 and put one in each box. For example:

5	2
1	9

This gives four two-digit numbers:

52(reading along the 1st row)  
19(reading along the 2nd row)  
51(reading down the left hand column)  
29(reading down the right hand column)

In this case their sum is 151.

Try a few examples of your own.

Is there a quick way to tell if the total is going to be even or odd?

Your challenge is to find four **different** digits that give four two-digit numbers which add to a total of 100.

How many ways can you find of doing it?