

Five Winning Ways to Wellbeing

At school we focus on the five Winning Ways to Wellbeing so why not have a go at home? This has been written in the spirit of encouraging positive thinking, so we hope you appreciate - or tolerate? - any light-hearted humour:

Be Active

Find any way you can to exercise round the house or the garden if you have one. And if you can get your heart rate properly up all the better. If you get sweaty, at least you've got a shower immediately to hand and your family are used to 'family smells'.

So the Six Nations hasn't yet been concluded and the Premier League is suspended for now: don't wait around, get active - and creative - playing out these wonderful competitions in whatever way you can. And while we wait to hear about the Olympics, why not have a go at staging your very own family Games?

Connect

Reach out and connect with as many friends, neighbours, wider family members as you can: not physically, we're not supposed to do that! If you've got access to enough technology at home, hopefully all your family can be busy calling, messaging, meme-ing and whatever-young-people-call-it-ing. But don't forget to balance this with the other 'Ways to Wellbeing' (yes children, we do mean 'Keep Learning' too).

And you could take inspiration from Italy, and get out on your balcony, veranda, door step - or just lean out the window - and have a shouty exchange with your neighbours (you know the type we mean).

Notice

As well as getting busy being active and connecting with others, make sure you have some time just for you, time to be still, without any distraction except your own thoughts: and then notice these as they come and go... perhaps reflecting on what 'mental machines' we can often be, but not getting 'hooked' by these words/images in your head. Mindfulness is a name for this sort of practice and one good place to go for more guidance is franticworld.com.

There are some fantastic free 'meditations' in the resources section - which you could even try as a family. (But get ready to get the giggles if you haven't tried this before - and just notice your thoughts about the experience instead of trying to 'get it right'.)

Give

Your time, your words, your presence, your...? What could you give of yourself to someone else that will help them feel better? And the great thing is that you will feel more well in the process too, so this a 'Winning Way' that's win-win!

So what could you give? How about a random act of kindness every day to someone in your house? You could surprise them with a positive Post-It note stuck on the bathroom mirror or grab a marker pen and draw a smile on the fruity gift of a banana. (Actually, it looks particularly cute if you can do one on a satsuma.) Give them a hand by lightening the load of those household chores and mucking in together, cooking, cleaning, cat-feeding. Go get creative by sticking up a list of all the ways everyone can give and then your family can pick one and put it into action each day.

Keep learning

We are hoping all the resources and ideas we are uploading to the school website will keep you very well covered in this particular Way to Wellbeing. But that is mainly on the academic side and there is so much more to life and learning. This could be an opportunity for so many things, for example, creating your own cartoons, building your own website, learning an instrument. Blow the dust out of that recorder, who knows, you may make beautiful music.

Let's keep learning how to cope with the unexpected. Humans are super resourceful creatures so why not collaborate on creating your own lists of ideas for each of these five Ways to Wellbeing. Each family member could choose one way, come up with loads of ideas for it and then lead everyone in bringing them to life. There's something to learn: how to be a leader (and a fantastic follower too!)