

## WEEK 1 - Wellbeing Activities to Try

- Try a wellbeing activity each day.
- Many of these are proven to help wellbeing although you might need to do them more than once a week to feel the benefit.
- Do you feel any different after doing the activity? Is it something you can do again?

Most importantly if you are really struggling with your wellbeing every day then ask for some help. Contact your school or go through these websites for extra help.

- <https://findgetgive.com/services?loc=brighton-hove>
- <https://youngminds.org.uk/>
- <https://www.childline.org.uk/> or call Childline on 0800 1111

Wellbeing information for all the family is here: <https://new.brighton-hove.gov.uk/supporting-your-wellbeing>

Day	Activity	Tick if you did this and note how it made you feel
Monday	<b>Sort your music library:</b> Put together a playlist of your favourite songs  <b>Get Active</b> Hiit workout for teens: <a href="https://www.youtube.com/watch?v=M0ECBD6egbl">https://www.youtube.com/watch?v=M0ECBD6egbl</a>	
Tuesday	<b>Calm before bed:</b> Try some guided imagery to help you feel relaxed if you have trouble getting to sleep. Example: <a href="https://www.youtube.com/watch?v=TRgVlslcSeo">https://www.youtube.com/watch?v=TRgVlslcSeo</a>	
Wednesday	<b>A morning stretch – try yoga</b> These videos are really easy to follow and you can choose between 20 minutes and an hour. Let's see how you feel after a really good stretch! Yoga with Adriene – this one is for anxiety: <a href="https://www.youtube.com/watch?v=hJbRpHZr_d0">https://www.youtube.com/watch?v=hJbRpHZr_d0</a> If you can't access YouTube stretch your body in a range of ways that feel good. Can you remember any stretches from PE lessons?  For primary aged children, the favourite is: <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a> They do stories with yoga, good exercise and families have been doing this together.	
Thursday	<b>Practice gratitude - Connect</b> Write 2 letters or postcards and drop them into a friend's door or post them. Let them know what you appreciate about their friendship.	
Friday	<b>Get creative</b> Channel 4: Grayson Perry one of Britain's leading artists, wants you to join his art club. Every week Grayson will host the show from his studio - taking the country with him as he creates new art works. Never tried creating art before? Then this is your chance. Whether you have a talent for meme creation, sculpture, painting, drawing, or maybe you're a make-up artist creating new looks whilst at home? Anything goes.  At the end, Grayson will display the art created in a public exhibition that will chronicle the changing moods of Britain in isolation and provide a record of the historic times we've lived through. <b>To submit your artwork follow this link:</b> <a href="https://www.swanfilms.tv/2020/03/enter-your-artwork-here/">https://www.swanfilms.tv/2020/03/enter-your-artwork-here/</a> Join in the conversation on twitter and Instagram @Channel4 and make sure you hashtag #C4ArtClub	

## WEEK 2 - Wellbeing Activities to Try

Day	Activity	Tick if you did this and note how it made you feel
Monday	<b>A morning stretch – more easy to follow yoga</b> Yoga with Adriene <a href="https://www.youtube.com/watch?v=BPK9WNtpBgk">https://www.youtube.com/watch?v=BPK9WNtpBgk</a>	
Tuesday	<b>Calm before bed:</b> Here is another example of guided imagery to help you feel relaxed if you have trouble getting to sleep: <a href="https://www.youtube.com/watch?v=ar_W4jSzOIM">https://www.youtube.com/watch?v=ar_W4jSzOIM</a> Just 10 minutes, with beach sounds and piano music.	
Wednesday	<b>Get active – Joe Wicks</b> Try a Joe Wicks or other workout that you have not done before. If you don't have Internet access can you remember some exercises from PE? Squats, jogging on spot, jumps etc that you could use to design your own 10-minute routine? <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a>	
Thursday	<b>Start Growing vegetables indoors</b>  Simple ways to grow your own from every day veg: <a href="https://dontwastethecrumbs.com/regrow-food-water/">https://dontwastethecrumbs.com/regrow-food-water/</a>	
Friday	<b>Get creative</b> Write a poem or blog about your own experience in times of COVID-19 – you are making history! Use music and pictures to inspire you....	

## WEEK 3 - Wellbeing Activities to Try

Day	Activity	Tick if you did this and note how it made you feel
Monday	<b>Time for Reflection</b> Start your own timeline of life events....places you've lived, where you've been on holiday...pets you've had. Use photos or pictures to make it colourful...	
Tuesday	<b>Get Active - Yoga for teens:</b> <a href="https://www.youtube.com/watch?v=7kgZnJqzNaU">https://www.youtube.com/watch?v=7kgZnJqzNaU</a>  Do you own a table tennis bat, volleyball or balloons? Get moving with someone else at home	
Wednesday	<b>Connect with someone – cooking/baking</b> Choose a recipe and make something with a family member or during a video call with a friend.	
Thursday	<b>Family virtual day out</b> - Museums and galleries online- <a href="https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/">https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/</a>  <b>Or visit Hogwarts?</b> <a href="https://www.wizardingworld.com/collections/harry-potter-at-home">https://www.wizardingworld.com/collections/harry-potter-at-home</a>	
Friday	<b>Keep your mind active – time to do things you never had time for before!</b> Learn a new language - <a href="https://www.duolingo.com/">https://www.duolingo.com/</a>	

	<p>Learn how to play musical instrument or take a course in Game Design <a href="http://www.udemy.com">www.udemy.com</a></p> <p>Futurelearn <a href="https://www.futurelearn.com">https://www.futurelearn.com</a> Free to access 100s of courses, (own account from age 14+ but younger learners can use a parent account).</p> <p>Blockly <a href="https://blockly.games">https://blockly.games</a> Learn computer programming skills - fun and free.</p> <p>Scratch <a href="https://scratch.mit.edu/explore/projects/games/">https://scratch.mit.edu/explore/projects/games/</a> Creative computer programming</p>	
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