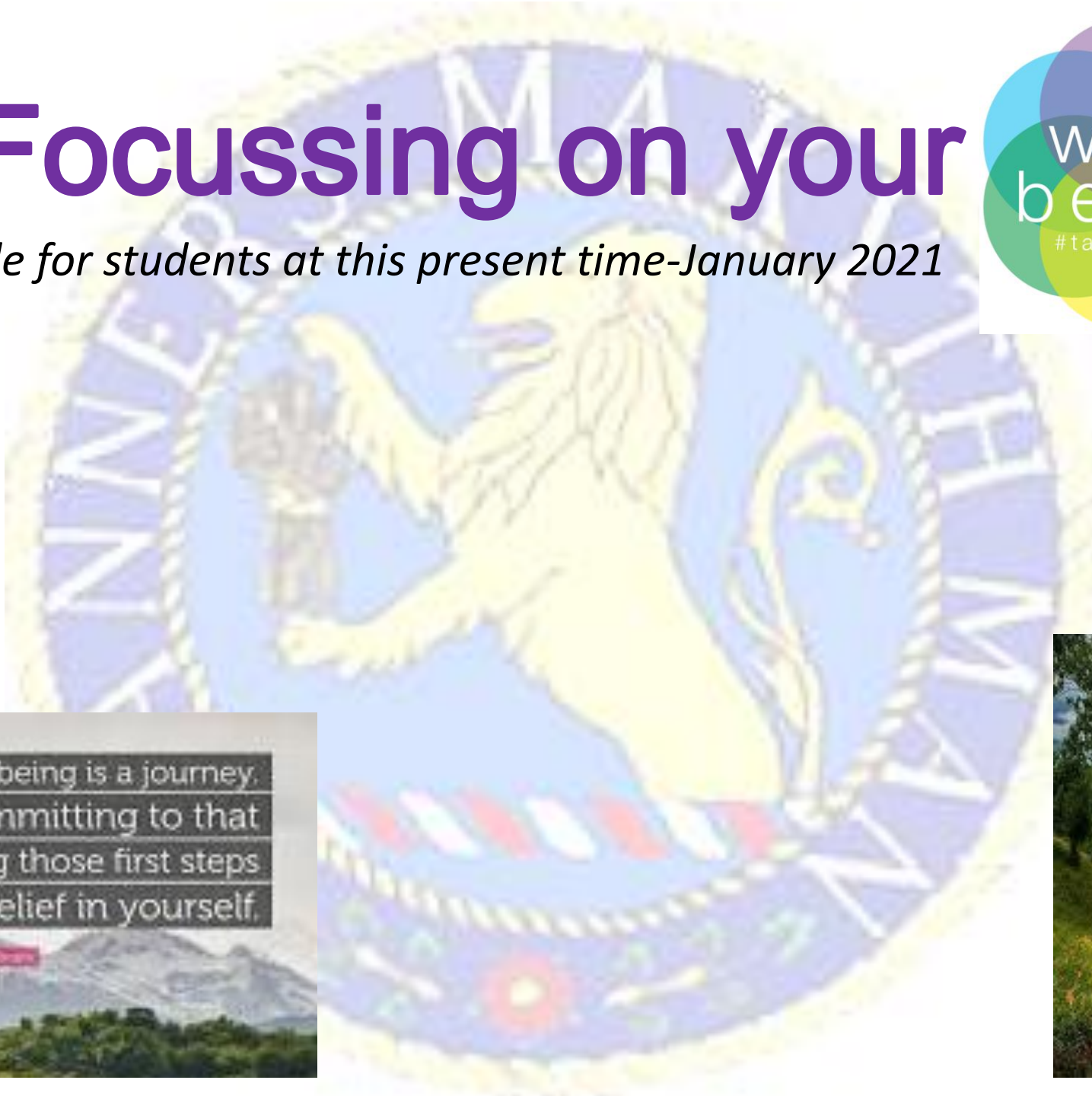


# Focussing on your

*A guide for students at this present time-January 2021*



For everyone, well-being is a journey.  
The secret is committing to that  
journey and taking those first steps  
with hope and belief in yourself.

Suzanne Obeyesekere



**'Difficult roads  
often lead to  
beautiful  
destinations.'**



- I hope that this presentation finds you and your family well.

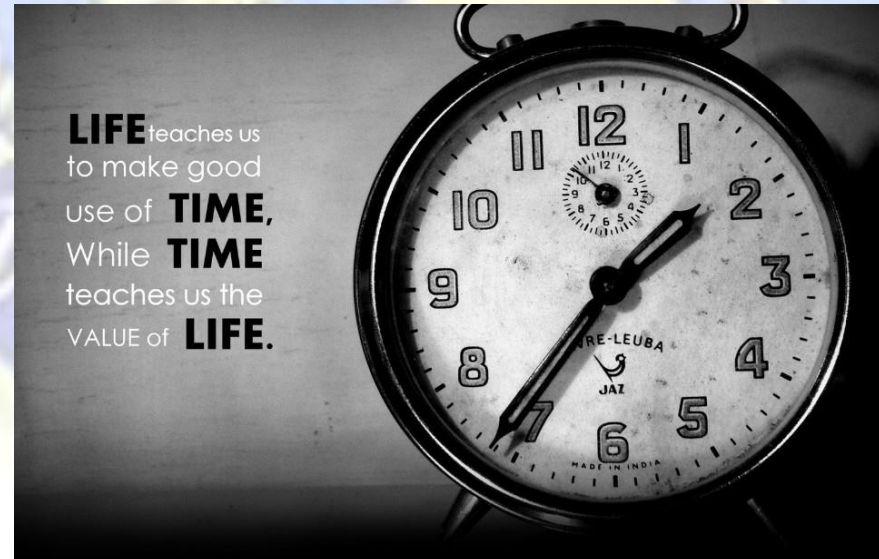
- No doubt it's been an interesting week for you all, and hopefully you have begun to settle into a routine of study away from the school life we are all familiar with.



- With all the disruption to our daily lives at the moment it is more essential than ever that we look after our Well-being.

# Top tips

- Hopefully you are settling well into remote learning again.
- In what are incredibly busy lives we now have some TIME, so let's try and make the most of it...





- Keep in touch with people via video call
  - try organising a group call with your mates
  - or a relative you don't live with



Have a meal with everyone in your household if that isn't something you regularly do

No phones at the dinner table



Play a board game or card game with the people you live with





DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

When you can, get outside and exercise, the fresh air and sunshine will give you a boost.



Miss Salisbury has set you work for your PE lessons this week it is so important that you engage with that, exercise is so good for you. We want your ideas too, so email us if you find a really good activity [pe@urmstongrammar.org.uk](mailto:pe@urmstongrammar.org.uk) so we can share it with others.

*Celebrity workouts:*

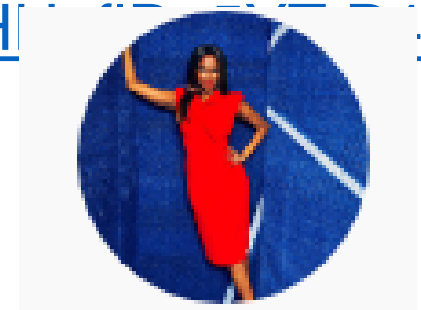
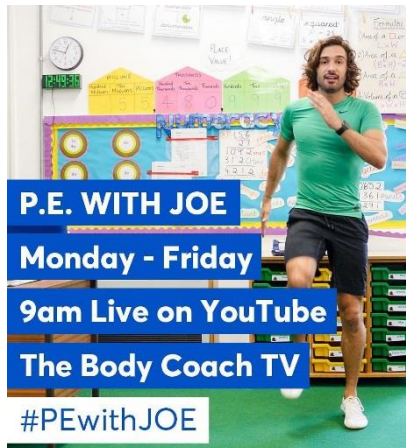
<https://www.bbc.co.uk/sport/55151792>

**Joe Wicks** Monday, Wednesday and Friday 9am

<https://www.youtube.com/user/thebodycoach1>

**Oti Mabuse-** Dance classes

<https://www.youtube.com/channel/UC58aowNEXH>





# Give

YOUR TIME, YOUR WORDS, YOUR PRESENCE



random  
act of kindness

e.g. Bake a cake for your family or make them a meal

Make a handmade gift


Help with the housework

Help a parent with a younger sibling if you have one...

Make someone in your house a drink without being asked

Write down someone's best qualities and text/email it them

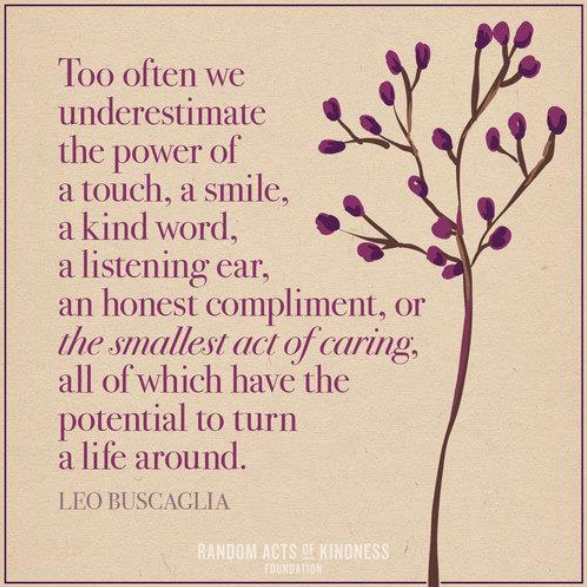
Say 'thankyou' and 'sorry' if needed



t h a n k y o u

Spend quality time with people in your household

e.g. Ask an elderly relative about their past/ spend time with a sibling



Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or *the smallest act of caring*, all of which have the potential to turn a life around.

LEO BUSCAGLIA

RANDOM ACTS OF KINDNESS  
FOUNDATION



TAKE  
NOTICE

REMEMBER THE SIMPLE THINGS  
THAT GIVE YOU JOY

Pay attention to your surroundings (Mindfulness)

*Look around you... what can you see, hear, smell....*

*Is there anything in the room that you have never noticed before...*

Try Yoga for meditation

<https://www.youtube.com/watch?v=d4S4twjeWTs>

Try online brain training <https://www.brain-games.co.uk/>

Download a meditation app- Headspace and Calm are good!

Watch/listen to a relaxation video on You-Tube

Read for pleasure

Listen to an audio book (Audible is currently free!!)

Draw/Colour in <https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>

Take a moment to think...what are you grateful for today?



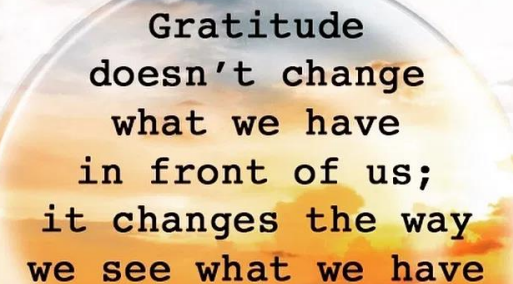
Mindfulness is paying attention on purpose, in the present moment, and nonjudgmentally, to the unfolding of experience moment to moment.

~ Jon Kabat-Zinn



Be here now.

Ram Dass



Gratitude  
doesn't change  
what we have  
in front of us;  
it changes the way  
we see what we have

When Changing Nothing Changes Everything



EMBRACE NEW EXPERIENCES.  
SEE OPPORTUNITIES, SURPRISE YOURSELF

Make sure that you keep up to date with all work set, this not only maintains a healthy routine, but ensures that you keep your learning on track...

Consider learning a new skill with all the extra time that you now have:

A new language <https://www.duolingo.com/>

A new musical instrument

A new hobby e.g. Knitting [https://www.youtube.com/channel/UCXK\\_Yw8hCF-9oeccQP9Gs2g](https://www.youtube.com/channel/UCXK_Yw8hCF-9oeccQP9Gs2g)

British sign language <https://www.british-sign.co.uk/learn-online-british-sign-language-course/>

Go on a free virtual tour of a museum, zoos and theme parks

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Watch a TED talk that interests you

Learn a new card game that you can play with your family

**TED<sup>x</sup>**  
**Youth**





# Remember.....



As we are all spending more time at home it can be tempting to raid the kitchen a bit more than usual, this is usually through boredom.

Keep busy and try to continue to **eat as healthily as possible!!**

Likewise try and continue with your **normal school mid-week sleep routine**, don't slip into the 'late night- lie in' mentality of the holidays.

We are more productive in the mornings!!

# If you feel you are struggling with in the current climate...



**Find things that help you feel calm**  
Sticking to your routine can help you maintain a sense of normality in challenging times such as these.  
Consider trying a meditation app.



**Don't over expose yourself to the news**  
Constant updates can be overwhelming. Limit the time that you spend on the news. Remember, you can mute or unfollow accounts that are starting to make you feel anxious



## Talk to someone

If you are starting to feel overwhelmed it is important that you acknowledge your feelings and speak to someone that you trust

## Know the facts

Stick to reliable factual resources if you want to stay informed, such as the NHS or Government website



# And finally....

As you know **well-being** is **personal to everyone** so the ideas in this presentation are only suggestions (with the exception of the 'keep up to date with your school work' bit!!!)

There are also resources for you to access on the Shared area in the 'Well-being' folder if you feel you are struggling.

You also have the 'Confide' button on the remote desktop if you want to get in touch about something that is worrying you-we are here to help.

If you have any **questions** about anything to do with Well-being or any **suggestions** for activities you would recommend, then please email [aevas@urmstongrammar.org.uk](mailto:aevas@urmstongrammar.org.uk)

