

Week 2

PHYSICAL

SOCIAL

INTELLECTUAL



FPS
Wellbeing Month
2020

Week 2 – 11th October

ENVIRONMENTAL

EMOTIONAL

SPIRITUAL

OCCUPATIONAL

Wellbeing Month



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Wellbeing Month
2020

Week 2

FS - Theme of the Week **Self**

Foundation Stage

	Sunday 11 th	Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th	Saturday 17 th
Students	<p>Sunrise Sunday</p> <p>Are you up early enough to see the sunrise? As the sun begins to rise, think about something that makes you smile.</p>	<p>Mindful Monday</p> <p>Cosmic Kids Thought Bubbles Cosmic Kids</p>	<p>Talk it Tuesday</p> <p>At home ask someone how they are feeling?</p>	<p>Welcome Wednesday</p> <p>Watch the story to see how Rainbow fish made his friends smile Rainbow Fish</p>	<p>Timeout Thursday</p> <p>Dough Disco Relax Dough Disco</p>	<p>Feelings Friday</p> <p>Do something at home that makes you laugh.</p>	<p>Sunset Saturday</p> <p>Watch the sunset this evening. Sit with someone in your family bubble and enjoy this time together.</p>
Parents	<p>Start a new hobby, have a go at painting, knitting or writing</p> 	<p>Keep a food diary for the week and review were you can make healthier choices</p>	<p>Take time out of your day to relax and do nothing for at least 10 minutes</p> 	<p>Drink at least 6-8 glasses of water a day</p> 	<p>Read a book before bed to unwind</p> 	<p>Get the family together and do an exercise video together, Joe Wicks on YouTube is suitable for the whole family</p>	<p>As a family talk about what you are grateful for this week</p> 
Staff	<p>Make a list of all the things you are grateful for</p> 	<p>Make someone else's day by one small act of kindness</p> 	<p>Ask yourself 'What do I need today?' and fulfil it</p>	<p>Have a technology detox an hour before bed</p> 	<p>Allow yourself to do absolutely nothing – and don't feel guilty!</p>	<p>Treat yourself!</p>	<p>Share an encouraging video or message on your social media to inspire others</p> 

Wellbeing Month



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Week 2

KS1 - Theme of the Week Self

KS1

	Sunday 11 th	Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th	Saturday 17 th
Students	<p>Sunrise Sunday</p> <p>Are you up early enough to see the sunrise? As the sun begins to rise, think about 5 things you are thankful for.</p>	<p>Mindful Monday</p> <p>Take 5 minutes today to breath and reset your mind. Listen to this guided meditation to help.</p>	<p>Talk it Tuesday</p> <p>At dinner time today, talk to your family about your favourite thing at school Remember to ask mum and dad how they are feeling?</p>	<p>Welcome Wednesday</p> <p>Ask your classmates how they are today. Sometimes it just takes a smile to make their day even better.</p>	<p>Timeout Thursday</p> <p>This afternoon try to stay away from devices. Spend your time doing something else that you enjoy.</p>	<p>Feelings Friday</p> <p>Can you find a song that matches your mood and shows how you are feeling?</p>	<p>Sunset Saturday</p> <p>Watch the sunset this evening. Sit with someone in your family bubble and enjoy this time together.</p>
Parents	<p>Start a new hobby, have a go at painting, knitting or writing</p> 	<p>Keep a food diary for the week and review were you can make healthier choices</p>	<p>Take time out of your day to relax and do nothing for at least 10 minutes</p> 	<p>Drink at least 6-8 glasses of water a day</p> 	<p>Read a book before bed to unwind</p> 	<p>Get the family together and do an exercise video together, Joe Wicks on YouTube is suitable for the whole family</p>	<p>As a family talk about what you are grateful for this week</p> 
Staff	<p>Make a list of all the things you are grateful for</p> 	<p>Make someone else's day by one small act of kindness</p> 	<p>Ask yourself 'What do I need today?' and fulfil it</p>	<p>Have a technology detox an hour before bed</p> 	<p>Allow yourself to do absolutely nothing – and don't feel guilty!</p>	<p>Treat yourself!</p>	<p>Share an encouraging video or message on your social media to inspire others</p> 

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Theme of the Week **Self**

KS2

	Sunday 11 th	Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th	Saturday 17 th
Students	<p>What is mindfulness?</p> <p>Create a relaxing meditation that you can record and share on seesaw.</p>	<p>Create a mindful bedtime ritual. A regular mindfulness ritual at the end of the day can help you to calm your body and reflect on their day.</p>	<p>Mindful Breathing</p> <p>Click here</p>	<p>Mindful Jar</p> <p>Find a jar (pot, container etc), and fill it with positive thoughts. Read these when feeling unmotivated.</p>	<p>With the earlier school end can you get out for an evening walk?</p>	<p>Tech Free Fridays</p> <p>Can you go a day without being on your device?</p>	<p>Enjoy some mindful colouring to relax you at the start of the week. Find online or click here.</p>
Parents	<p>Start a new hobby, have a go at painting, knitting or writing</p> 	<p>Keep a food diary for the week and review were you can make healthier choices</p>	<p>Take time out of your day to relax and do nothing for at least 10 minutes</p> 	<p>Drink at least 6-8 glasses of water a day</p> 	<p>Read a book before bed to unwind</p> 	<p>Get the family together and do an exercise video together, Joe Wicks on YouTube is suitable for the whole family</p>	<p>As a family talk about what you are grateful for this week</p> 
Staff	<p>Make a list of all the things you are grateful for</p> 	<p>Make someone else's day by one small act of kindness</p> 	<p>Ask yourself 'What do I need today?' and fulfil it</p>	<p>Have a technology detox an hour before bed</p> 	<p>Allow yourself to do absolutely nothing – and don't feel guilty!</p>	<p>Treat yourself!</p>	<p>Share an encouraging video or message on your social media to inspire others</p> 

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Theme of the Week Self

KS3

	Sunday 11 th	Monday 12 th	Tuesday 13 th	Wednesday 14 th	Thursday 15 th	Friday 16 th	Saturday 17 th
Students	Academic self-concept future goal planning	Move on Monday HOY Assembly - World Mental Health Day	Talking Tuesdays Diet- Importance of healthy living.	Careers – Introduction to the Subjects Library and how these can help our futures.	With the earlier school end can you get out for an evening walk?	Tech Free Fridays	Encourage your family to take part in a family workout
Parents	Start a new hobby, have a go at painting, knitting or writing 	Keep a food diary for the week and review were you can make healthier choices	Take time out of your day to relax and do nothing for at least 10 minutes 	Drink at least 6-8 glasses of water a day 	Read a book before bed to unwind 	Get the family together and do an exercise video together, Joe Wicks on YouTube is suitable for the whole family	As a family talk about what you are grateful for this week 
Staff	Make a list of all the things you are grateful for 	Make someone else's day by one small act of kindness 	Ask yourself 'What do I need today?' and fulfil it	Have a technology detox an hour before bed 	Allow yourself to do absolutely nothing – and don't feel guilty!	Treat yourself!	Share an encouraging video or message on your social media to inspire others 

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Theme of the Week **Self**

KS4

	Sunday 11 th	Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th	Saturday 10 th
Students	Academic review week How can setting targets contribute to overall wellbeing?	Moody Monday Mood Tracker 	Tranquil Tuesdays Explore a guided mindful breathing technique like this one and attempt to use it at different moments throughout the week. How does it effect your mind/mood?	Assembly Day What's the link between attainment, progress and mental toughness? 	Thankful Thursday Be the reason someone smiles today. See how these individuals did the same 	Tech Free Fridays Step outside early doors and listen to the birds sing as the sun is rising today. You could follow this with this healthy banana pancake recipe . 	Family Time Arrange a zoom call with some far away friends or family to catch up with them. Suggest to your family about zooming
Parents	Start a new hobby, have a go at painting, knitting or writing 	Keep a food diary for the week and review were you can make healthier choices	Take time out of your day to relax and do nothing for at least 10 minutes 	Drink at least 6-8 glasses of water a day 	Read a book before bed to unwind 	Get the family together and do a exercise video together, Joe Wicks on YouTube is suitable for the whole family	As a family talk about what you are grateful for this week 
Staff	Make a list of all the things you are grateful for 	Make someone else's day by one small act of kindness 	Ask yourself 'What do I need today?' and fulfil it	Have a technology detox an hour before bed 	Allow yourself to do absolutely nothing – and don't feel guilty!	Treat yourself!	Share an encouraging video or message on your social media to inspire others 

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Theme of the Week Self

KS5

	Sunday 11 th	Monday 5 th	Tuesday 6 th	Wednesday 7 th	Thursday 8 th	Friday 9 th	Saturday 10 th
Students	Wall of Smiles Post things that make you and others smile, this could include a quote, pictures of fond/fun times, memories you made with friends, positive affirmations https://padlet.com/charliejacklecuyer/e6bdhdwm7fxax37w	Tutor Kahoot Everybody loves Kahoot! So, we would like you to play a couple of Kahoots in tutor time to allow you to relax and have a laugh within your form class., You get to choose what Kahoot you want to do. Choose wisely!	Cone Catch In your form, choose someone who you have not yet had a conversation with and throw a ball between yourselves making sure to catch it in the cone provided, the pair with the highest score gets a prize. Make sure to sanitise!	Two Truths and a Lie You have 5 minutes to come up with two truths and a lie about yourself, then within your form, go around and tell the three things about yourself and see if your peers can guess the lie.	Spotify Listening Time The clues in the name! Once you reach home or on your way to home, listen to some music or a podcast. Ask your moral ed teacher if you can put some music in the background.	Family Bonding In your family, try do something together, this could be going for a walk as the weather is nicer now or playing a board game and have a laugh.	Motivational Videos and/or Snaps of Sports - Go out for a walk or complete some form of exercise, take a quick video or a picture before, during or after, or even all three! If you aren't completing any exercise, watch through one of these videos and see how it can have a positive impact on your day-to-day life. Link
Parents	Start a new hobby, have a go at painting, knitting or writing 	Keep a food diary for the week and review were you can make healthier choices	Take time out of your day to relax and do nothing for at least 10 minutes 	Drink at least 6-8 glasses of water a day 	Read a book before bed to unwind 	Get the family together and do a exercise video together, Joe Wicks on YouTube is suitable for the whole family	As a family talk about what you are grateful for this week 
Staff	Make a list of all the things you are grateful for 	Make someone else's day by one small act of kindness 	Ask yourself 'What do I need today?' and fulfil it	Have a technology detox an hour before bed 	Allow yourself to do absolutely nothing – and don't feel guilty!	Treat yourself!	Share an encouraging video or message on your social media to inspire others 