

## Well-being at Longhill High School

Try and undertake two activities from here every day.



### **Way 1: Connect**

This is about communicating with family and friends as talking to others and spending quality time with them will help develop stronger relationships and create opportunities to talk about how you are feeling and what you are thinking. Try doing one of these:

Email, text, phone or speak face-to-face with a friend or family member and:

- ask them an interesting question such as: If you could be a famous person for the day, who would it be and why? Or, if you were Prime Minister for the day, what 3 changes would you make?
- share one good thing about your day and one thing you've struggled with, then ask them the same.
- show you have listened by asking them a question about what they have said.
- play a game (if possible) such as noughts and crosses, hangman, join the lines to make boxes etc.
- create a quiz for family or/ and friends – you could delegate and ask everyone to create 5 questions each. Questions could be based upon anything: Music, Fashion, General Knowledge, Sport, Geography, History, Cars etc.

## Way 2: Be active

If we are experiencing a difficult time, it can be hard to motivate ourselves to do exercise. However, whatever exercise that you are able to do, even if it's a short walk, can really benefit how we feel and our mental health. So, give it a go...

- The ten minute body work out with Joe Wicks:  
[www.youtube.com/watch?v=KrmYjcQzSsQ](http://www.youtube.com/watch?v=KrmYjcQzSsQ)
- Ten weeks' worth of PE lessons – youtube - PE Joe.
- Cosmic Kids Yoga: <https://www.youtube.com/user/CosmicKidsYoga>
- Dance to your favourite music – go on, no-one is looking!

## Way 3: Keep Learning

This is not just undertaking the lessons set by your teacher, but it is also about learning new things including about the world around you - this brain activity produces chemicals which helps you to feel positive. Try doing one of these:

- Pick a book to listen to for free at <https://stories.audible.com/start-listen>
- Keep yourself busy with music, quizzes and things to make at:  
<https://www.funkidslive.com/>
- Take a virtual tour of Smithsonian Natural History museum and see how dinosaurs lived... <https://naturalhistory2.si.edu/vt3/NMNH/>
- Create your own comic <http://www.wordsforlife.org.uk/7-11>
- Learn how to write stories or get inspiration from...  
<https://literacytrust.org.uk/resources/story-explorers/>
- Look around one of the most famous buildings in the world:  
<http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html>
- Listen to a poet read his poem aloud with illustrations...

<https://www.booktrust.org.uk/news-and-features/features/2020/march/watch-kwame-alexander-read-aloud-from-the-undefeated/>

- Learn to draw dragons, watch this: <https://www.booktrust.org.uk/books-and-reading/have-some-fun/>
- Go beyond Brighton and watch the playful elephants:  
[www.houstonzoo.org/explore/webcams/](http://www.houstonzoo.org/explore/webcams/)
- Test your scientific knowledge? Try these quizzes:  
<http://www.sciencekids.co.nz/quizzes.html>
- Explore one of the largest sea life centres...  
<https://aqua.org/media/virtualtours/baltimore/index.html>
- Watch the tigers roam around looking for prey...  
<https://kids.sandiegozoo.org/videos>

## Way 4: Give

This is about showing kindness and support to others which in turn makes you feel good.

- Help around the home – can you wash up, tidy up or clean up BEFORE you are asked?
- Do you have a young brother, sister, nephew, niece? Could you listen to a story with them? If so, pick one from any of these websites:

[www.theguardian.com/childrens-books-site/ng-interactive/2016/jan/30/extract-firebird-usborme-10-ten-minute-stories-national-storytelling-week](http://www.theguardian.com/childrens-books-site/ng-interactive/2016/jan/30/extract-firebird-usborme-10-ten-minute-stories-national-storytelling-week)

<https://www.readstoriesforkids.com/>

- Send a message to a friend or family member and say you've got time for them if they want a chat.
- Try and be more patient with those around you – they may need more time to understand so explain things more than once, or give them more time to think it over...

## Way 5: Take Notice

Taking Notice means actively bringing our mind's attention and interest to the world around us and ourselves; what is going on externally to us and what is happening within us. Taking notice means being present in the moment; observing what's beautiful or unusual in the world. It means being aware of our thoughts and feelings as they arise, without getting lost in them.

- Praise yourself – think about what you have achieved today.
- Look out of a window, or take a walk outside, stop and notice what is around you: What can you see?
- Look for beauty in the unexpected: look out for colours, textures, shapes, reflections in water, shadows. Look down, look up, and look along.
- Get creative and take pictures! Focus on capturing what's before you. Use the images to make a screensaver, or email/ text to a friend or family member with a message.
- See what issues teenagers are discussing on <https://teenkidsnews.com/>
- Try seeing things with 'new eyes' and imagine... to give you a start, have a look at some surreal artwork – what can you see?  
[www.museothyssen.org/en/thyssenmultimedia](http://www.museothyssen.org/en/thyssenmultimedia)

For more information, including the science behind the 5 ways, the below website is useful:

<https://www.mind.org.uk/.../taking-care-of-yourself/five-ways-to-wellbeing>