

Hello everyone!

Today would have been the first day of our whole school Wellbeing Week. This year, like most things, we are hoping that you will participate in the week by finding ways to look after your own wellbeing while at home.

I wonder how many of you can remember how we started our week last year? Can you remember FANTASTIC FRED and the funny performance that ran throughout the day?



So, what does FRED mean?

F- food Eating well and regularly but also healthy food too!

R-rest Not just getting a good night's sleep, but sitting and reading a book, or sitting outside, closing your eyes and listening to birds singing, the rain falling or the waves crashing.

All of these things are a way of helping us relax and rest!

E- exercise Now that we are all able to exercise more you could perhaps add to your normal exercise routine by cleaning your parent's car (also an act of kindness), litter picking near where you live or challenging yourself to walk 5,000 steps in a day. These can be achieved really easily just by moving around more, I find vacuuming is brilliant!

D- devices This is an easy one! Turn off your mobile phone, PCs, laptops, consoles and tablets. Instead pick up a book, get some exercise or just rest!

Wellbeing Week activities you might like to try ...

- ❖ Cook dinner for your family using only the ingredients in the house
- ❖ Read a book and write a review. You can use pictures to illustrate if you like
- ❖ Have a PJ and movie day
- ❖ Have a pamper evening, get the whole house to join in
- ❖ Limit your screen time, have a tablet, console or screen free day! Instead play games or board games with your family or siblings
- ❖ Make a random acts of kindness list of things you can do once the pandemic is over
- ❖ Learn more about a topic that interests you and make a presentation

- ❖ Make a collage that celebrates you
- ❖ Learn a new skill or discover a new interest
- ❖ Do some mindfulness colouring
- ❖ Design and make cards for your loved ones
- ❖ Write a play for your family to watch and use your toys as the characters
- ❖ Go tree/surface searching and take rubbings using wax crayons
- ❖ Make a treasure hunt using clues
- ❖ Have a walk at the seaside at sunset
- ❖ Think about things you are grateful for or find good things that have happened to you in the week
- ❖ Create a family playlist of songs that make you feel uplifted
- ❖ Find three positive news stories
- ❖ Practise your breathing using this video to help you
<https://www.youtube.com/watch?v=O29e4rRMrV4>

Young Minds have excellent ideas, so have a look on their website (<https://youngminds.org.uk/>). I have downloaded some of their activities for you to try and these are attached with this letter.

We will also post some further ideas on our school Facebook page throughout the week.

We hope you are all able to find some time this week to find ways to improve your wellbeing.

Best wishes
Laura Jakob

I have added a couple of suggestions which you might find useful, during the week!

Wellbeing games

YOUNGMINDS
AND BEANO

Silly stories

This is a simple activity where each family member takes it in turns to add one word/sentence to create a silly story. This can be a fun way to get creative and can also help keep your mind off the news.

Instructions

- Everyone sits in a circle. The youngest member of the family can begin by saying the first word. As you go round everyone adds the next word, without repeating what has already been said.
- Good starting words are 'suddenly' or 'earlier' to help build suspense and intrigue. What different techniques will you use to make the story funny?
- Continue going round the circle as you try to build the funniest version, the more unexpected the better!
- Why not add costumes and props made from things found around the house to help bring your family story to life.

Family charades

This activity can be a great way for your family to get-together and can also help to reduce anxiety during this time. Take 10 minutes out of the day to make each other laugh simply through actions!

Instructions

- Divide into pairs or in small groups and sit facing each other.
- Take it in turns to act out a word or phrase to make each other laugh. The aim is to do this without speaking or tickling just through actions and gestures.
- Think of a sketch, a famous character or a funny prank, something everyone will know.
- Race against the clock and try and get as many giggles out of the other person/team as possible.
- You have two minutes for each turn. The person/team with the most amount of laughs wins.

YoungMinds' Wellbeing Activity Calendar

Looking after your wellbeing during self-isolation

Coping with the news and staying mentally healthy during self-isolation can be a challenge. For many of you, you're still adapting to working or studying from home, as well as trying to keep yourself and your family safe.

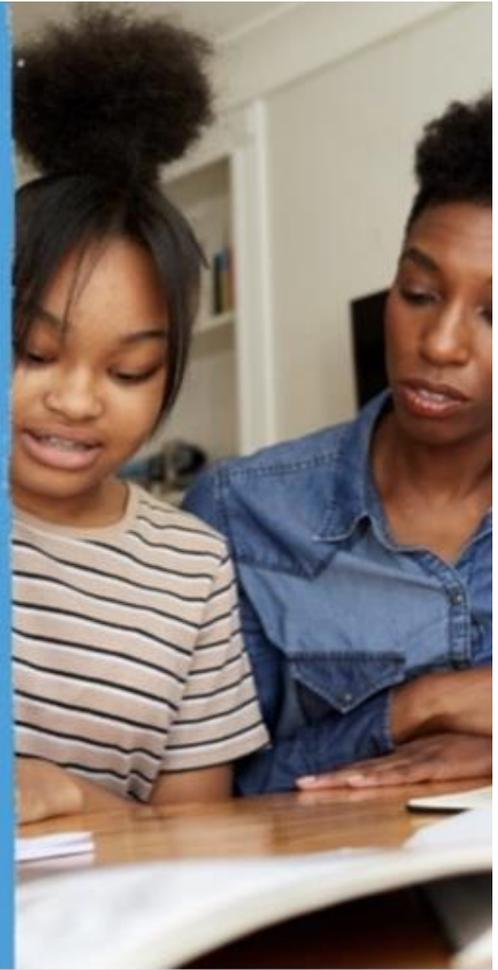
That's why we've created a Wellbeing Activity Calendar to help the whole family take 5 minutes a day to do an activity that will boost wellbeing and look after your mental health. These ideas might also inspire you for when you create your own funny videos for Britain's Funniest Family.

The activities may be things you can do virtually with family or friends, and can also be a great way for parents to provide a space to check in with their children during this time.

We would love to see how you use your Wellbeing Activity Calendar!

Send us your pictures using the hashtag [#BeanoFunFam](#) and tag [@YoungMindsUK](#) and [@BeanoOfficial](#) on Facebook, Twitter or Instagram.

YOUNGMINDS
AND BEANO



MONDAY

Give a gold star

Create a star template and each family member writes one for each other. Have some examples such as - "I give you a gold star for always making me laugh."

Start with a stretch

Kick off your week with some stretching. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms...

Make a playlist

Everyone in your family picks an uplifting song. Then send the finished playlist to everyone so they can play it during the day.

Tip: you can use [our playlist](#) for inspiration.

Share some coping tips

Some of you may be feeling anxious about the news. Share [this blog](#) with your older children, or explain this to younger members of the family.

TUESDAY

Enter Britain's Funniest Family

Share your original, funniest video and take part in the ultimate challenge for [Britain's Funniest Family](#).

This can be your funniest song, dance, joke or prank.

Play our quarantine quiz

Find out which quarantine character you are by taking part in our fun [online quiz](#).

This can be a fun way to keep your minds off the news.

Design a superhero

Use our design a [superhero activity](#) to create your own super powers.

Tip: sign up to [#HelloYellow](#) on our website to get more great resources like this.

Make a self-soothe box

This can be a great way for the family to feel grounded when feeling anxious. Put sensory things in the box like playdough and peppermint.

Tip: Read our [blog](#) to help you.

WEDNESDAY

Learn a new language...

Or at least 5 words! Decide on a language for the day and learn the words for hello, thank you, and any others you want to know.

Tip: Give a prize to whoever can remember the most words the next day.

Write a letter

Write letters to other family members or draw them pictures to show that you're thinking of them.

You could post them if you're able to, or show them over video call.

Jumping Bears

When someone shouts out a type of bear, everyone else has to do the action below.

Baked bear: crouch down into a ball. Runner bear: run on the spot. Jumping bear: jump up and down. Magic bear: freestyle move!

Have a good news day

Find three positive news stories online or follow three positive news accounts on social media like [The Happy Broadcast](#) or [The Happy Newspaper](#). You can also [#OpenYourFeed](#) with YoungMinds.

THURSDAY

Silly Stories

Each person has to say or type one line as you make a silly story together.

Tip: Go round in order of youngest first to avoid everyone speaking at the same time.

Quiet time

Play some calming music and ask everyone to close their eyes and listen. Try to focus on your breathing.

Tip: Try some yoga exercises or stretches with the music.

I am grateful

Write, or draw three things you are grateful for.

Tip: You could extend this by creating a 'gratitude tree'. Use the [mural app](#) so that each family member can add theirs on a virtual post-it.

Funniest family song!

Put on any song and have a sing along together.

Tip: you can find the lyrics to almost any song on [YouTube](#).

FRIDAY

Three Good Things

Write down 'three good things' that have happened this week. For each thing, think about how it made you feel and why.

These could be anything from - I've worn my favourite slippers all week to I baked a great cake.

Get your body moving!

Play a song for a few minutes, to shake off the tension and have a dance.

Tip: Use this time to practice your funniest family dance!

Plan your weekend

Create an itinerary with timings for your weekend - including things like lunchtime, movie night, crafty activity, read my book, make dinner.

Have a rest day

Sometimes we can feel pressured to be productive while we're all at home. But it's important to rest and look after ourselves. What is the family doing for self-care this weekend?

