



St John's Family Wellbeing Workout Page



Welcome to the St John's Family Wellbeing Page!

A new wellbeing workout page! Why not try out all of the wellbeing activities. What's your name? Try out this exercise activity. Once you have done your name, why not try a different word!

This week I have a mindfulness windmill to use with your calming breaths. I had lots of fun making it and using it and hope you do too! If you have ideas for the next page let me know.

Mrs Henderson



Weekly wellbeing tip

Be the reason someone smiles today

Smiling is Infectious by Spike Milligan

Smiling is infectious,
you catch it like the flu,
When someone smiled at me today,
I started smiling too.

I passed around the corner
and someone saw my grin.
When he smiled I realized
I'd passed it on to him.

I thought about that smile,
then I realized its worth.
A single smile, just like mine
could travel round the earth.

So, if you feel a smile begin,
don't leave it undetected.
Let's start an epidemic quick,
and get the world infected!



Remember, it's okay to not be okay. We all need someone to talk to sometimes. Contact Mrs Henderson for information and support. Sara.henderson@stjohns.covmat.org

Fit activity for kids what's your name?

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- A** jump up & down 10 times
- B** spin around in a circle 5 times
- C** hop on one foot 5 times
- D** run to the nearest door and run back
- E** walk like a bear for a count of 5
- F** do 3 cartwheels
- G** do 10 jumping jacks
- H** hop like a frog 8 times
- I** balance on your left foot for a count of 10
- J** balance on your right foot for a count of 10
- K** march like a toy soldier for a count of 12
- L** pretend to jump rope for a count of 20
- M** do 3 somersaults
- N** pick up a ball without using your hands
- O** walk backwards 50 steps and skip back
- P** walk sideways 20 steps and hop back
- Q** crawl like a crab for a count of 10
- R** walk like a bear for a count of 5
- S** bend down and touch your toes 20 times
- T** pretend to pedal a bike with your hands for a count of 17
- U** roll a ball using only your head
- V** flap your arms like a bird 25 times
- W** pretend to ride a horse for a count of 15
- X** try and touch the clouds for a count of 15
- Y** walk on your knees for a count of 10
- Z** do 10 push-ups

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM



Create a mindful windmill to help with calm breathing...here's how. Find it on Seesaw too!



Take time to relax...

WHEN THINGS SEEM HECTIC,
TAKE FIVE MINUTES TO DO
NOTHING BUT LOOK
OUT OF THE WINDOW

MINDFULNESS SUGGESTIONS