



St John's Family Wellbeing Workout Page



Welcome to the St John's Family Wellbeing Page!

The summer term is going very quickly! Why not try out all of the wellbeing activities on our family workout page. If you think of your own quiz questions send them in to me! This week I have a wellbeing word pool poetry activity for you to try. I found it really calming and it made me feel extremely positive! I would love to see your poems on Seesaw! If you have ideas for the next page let me know.

Mrs Henderson



Wellbeing Quiz!

- 1) What should you do to let your body rest for at least eight hours during the night?
A-shop B-study C-sing D-sleep
- 2) Which of the following liquids is best for you to drink?
A-fizzy orange B-lemonade C-water D-cola
- 3) If you do not get enough of these in the food you eat, what can you take to help your body?
A-chocolate B-sweets C-pizza D-vitamins
- 4) What should you do before any physical exercise?
A-watch TV B-stretch C-read D-listen to music

Weekly wellbeing tip

Spend the day trying to give as many compliments as possible.

How to create a wellbeing word pool poem...here's how. Find it on Seesaw too!



WORD POOL POEMS

Cut up a sheet of paper into small pieces and write a word on each. Put them into a pile then pull out words to make a poem. Ask every member of the family to contribute to your word pool! You could also cut out words from newspapers and magazines.

Mountain Rising

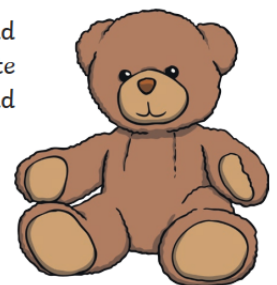
- 1 Stand straight with your feet apart, arms by your sides. Feel the bottoms of your feet planted on the floor. Keep your eyes open.
- 2 Imagine you are a mountain rising up from the ocean. Your head is the top of the mountain.
- 3 Raise your arms, fingers apart. This lifts your mountain higher. Hold this position for a moment, solid as a mountain.
- 4 Notice if you have any thoughts or worries. See them as tiny waves splashing the mountain.
- 5 Breathe in and breathe out to blow the waves far out to sea. Watch the water become calm and still around you.
- 6 Lower your arms, take a mindful breath and relax. You can stay strong as a mountain all day.

Tip: You can also try this activity seated.

Take time to relax..

Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



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