



St John's Family Wellbeing Workout Page



Welcome to the St John's Family Wellbeing Page!

The sun keeps shining on us all! 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! I know lots of you enjoyed the 'I spy...' calming jar, so here is a different version of a calming jar for you to make. Don't forget to put any pictures of your glitter calming jars on Seesaw. If you have ideas for the next page let me know.

Mrs Henderson



Weekly wellbeing tip

Start your day with some gentle stretching to ease yourself into your morning routine.

Brain Break Breathing

Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Wellbeing Quiz!

1) What is in your body that needs calcium to keep them strong?

A-butter B-bubbles C-beads D-bones

2) If you go for a check-up, or are not feeling very well, who would you go and see?

A-policeman B-doctor C-fireman D-clown

3) Physical activity is essential for your body and can help keep you healthy if you do it regularly. What is it called?

A-exercising B-showering C-laughing D-swinging

4) Whole grain wheat bread and apples, for example, are very good for your body and supply it with...

A-holes B-butterflies C-fibre D-chalk

5) What should you brush twice a day, every day?

A-tonsils B-lips C-palate D-teeth

How to make a glitter calming jar. You can also find video on...
Seesaw!



Take time to relax..

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



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

Yoga Cards

This week's yoga movement... Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.

