



St John's Family Wellbeing Workout Page



Welcome to the St John's Family Wellbeing Page!

The focus for this page is ways to be calm. Sometimes you can feel like there is no escape, cross with one of your siblings or just fed up for no reason. Look at the different ways you can calm yourself or do one of the breathing activities we have been learning. Remember, it is ok to feel that way, just stop and think of a way that helps you to calm down.

If you have ideas for the next page let me know.

Mrs Henderson

Weekly wellbeing tip

Play happy songs while getting dressed one day this week.

Brain Break Breathing

Bumble Bee Breaths

Open your hands out with the palms facing towards your face. Place your thumbs over your ears and your fingers over your eyes. Close your lips with your teeth slightly apart. Inhale deeply through the nose and breathe in. Count silently 1, 2, 3, 4, 5.

Exhale slowly through your mouth and make a humming sound like a bee. Count silently 1, 2, 3, 4, 5. Repeat.



Yoga Cards

This week's yoga movement...

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- Inhale, and lift your arms parallel to floor.
- Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- Keep your torso tall, turn your head, and look out over your fingertips.
- Inhale, straighten your legs and lower your arms. Repeat on opposite side.



10 WAYS to Calm Down



- Breathe in and out slowly 10 times.
- Squeeze a stress ball.
- Take a break and get a drink of water.
- Talk to a grown-up.
- Hug someone.
- Draw a picture about it.
- Write about your feelings.
- Do some stretches.
- Think of something happy.
- Read a magazine or book.

How to make an 'I spy...' calming jar. You can also find video on



Take time to relax..

Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



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