



St John's Family Wellbeing Workout Page



Wellbeing

Welcome to the St John's Family Wellbeing Page!

It's really important right now to take care of your own and your child /children's physical and mental health. Spend some time together completing the activities on this page. Have fun! If you have ideas for the next page let me know.

Mrs Henderson

Q: What does a cloud wear under his raincoat?

A: Thunder wear.

L E M O T I O N S S T R E N T H S
 J X O B G Z M I N D F U L S E U I
 J H E M F Q B B Z U P H S C K Z T
 Q R E L A T I O N S H I P S F W G
 T D W E N G A G E M E N T U I S A
 O U Z O J W I V E X E R C I S E X
 P C A P K O V L F L E F Z W M Q U
 R O C O F P S I K B D M V Z M K S
 P A H S Z T C G G Q K F L N Z B O
 S S I I L I W I A N H G E H J E M
 I K E T L M I Z J H F V W U P K E
 E I V I Z I B Y A F B E V L G O A
 Q L E V P S U E P U R P O S E N N
 E L M E O M F W G I A Z G T Z B I
 H S E O C H A R A C T E R O H M N
 C U N N V W E L L B E I N G Y D G
 Z C T V U F Z P M H E A L T H Z K

mindful character wellbeing optimism relationships achievement
skills engagement positive health exercise purpose meaning

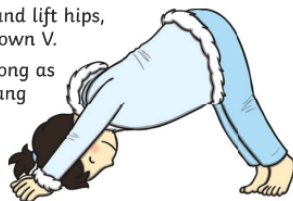
Yoga Cards

This week's yoga movement...

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



Weekly wellbeing tip

Let off steam and share a problem with a friend. Together, come up with a solution.

(Remember social distancing rules please!)

Take time to relax..

Brain Break Breathing

Butterfly Breaths

Sit on the floor with the bottom of the feet touching and the knees bent out to the sides. Put your hands on your ankles and gently bounce your knees like you are flapping butterfly wings. Close your eyes and breathe slowly and calmly. Be sure to take slow deep breaths in and out. Pretend you are flying to your favorite place in the whole world. Imagine what it looks like. What do you see? What do you hear? What does it feel like? Imagine you are flying around and you are happy and calm. Now it is time to fly home, slowly flap your wings back home. Take a deep breath in and slowly exhale. Now slowly open your eyes.



The Sky

Take some time each day to watch the sky in the day. When you look at the sky in the day, watch the clouds. Can you spot different patterns? Draw a picture of the clouds or imagine that you can see pictures in the different shapes.

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