

*The Winchester
School*

**WELL-BEING
CALENDAR**

MAY EDITION

WHY DO WE NEED THIS?

In the midst of the turbulent, ever-changing broadcasts & headlines, it's very easy to lose sight of keeping our mental & physical health in check, even if it's something as simple as walking more than 20 steps a day or even if it's just taking a deep breath.

In an attempt to balance schoolwork with the calendar, we've decided to provide you with a 4-week calendar, ensuring that your social, emotional & physical needs are met. Whether it's something you haven't done before, or something you haven't been paying attention to.

This calendar is a compilation of physical & mental activities catering to all age groups. These activities rekindle life into the entire family's overlapping schedules, allowing for memorable moments to be created.

Please feel free to capture these moments and share them with us on our **Wellbeing Instagram page:**
@fieldnotesofmentality.



WEEK 1



LAUGH YOUR DAYS AWAY

We want you to create a joke jar, and every time you hear a fantastic and hilarious joke, you can put it into the jar. When your jar gets full, you can take some jokes out of it. If you have a frown, it will turn it upside down.



CHALLENGE TIME

Let's get some exercise, it is important to stay healthy! When you exercise it will help your overall health. We will play different games, so use the multiple links to play different physical activities.

Let's see if you have what it takes to complete these challenges.

https://www.youtube.com/watch?v=Vg_UXGTNjyA

<https://www.youtube.com/watch?v=24Hi9eguXcM>

<https://www.youtube.com/watch?v=nvkktZNBZi4>





WEEK 2





PAINT OBJECTS FROM NATURE

I am sure you have collected a great number of shells and pebbles when going out. Why not get creative and create a different kind of art with them. You can make a shell frame with your collection of shells and rocks or just color them and arrange in a gorgeous canvas. Or, even make a shell bracelet for your mom, I am sure she will be very happy with it. Painting pebbles is another awesome creative activity which can improve your fine motor skills.

Let's get creative with objects from nature.

Fellow scavengers!

Let us embark on a journey with our families, but with a twist. All the kids reading this now, **GET YOUR PARENTS!** Because it is International family day (15th of May).

So, your parents need to create a scavenger hunt for the kids to complete. If your kids complete it in a certain amount of time, they get a surprise! But we will leave it up to you parents to figure that out.

For the scavenger hunt, you need to hide certain clues and riddles which will be a hint to their main surprise. We are wishing you good luck parents to a fun filled day with your beloved kids.





WEEK 3



Happy times call for happy crafts!

During the pandemic we gave you a lot of crafts, did you ever ask why?

The reason for this is because...

- It helps you express yourself
- It makes you more creative and productive
- It helps you develop fine-motor skills
- It inspires you to think critically

So now that you know these facts, would you want to maybe do some origami?

Great, here is a fun video on how to make an origami box. With these you can add your jokes into it to keep them safe. Use the link below!

<https://www.youtube.com/watch?v=WtM6jA0TYoc>



Don't forget to put it on our Instagram



MOVEMENT CHAIN

There is no better way to get rid of some energy and have fun by having a movement chain game. You will need at least two players. The first person begins by acting any movement – jumping, doing dances or anything else they can come up with. Then next person has to perform that movement and add on one of their own, forming the movement chain. You can continue this until the movement chain is broken and the last person to perform the right movement chain without forgetting a move wins.



WEEK 4



PUT ON A PUPPET SHOW

You have your favorite songs, rhymes and stories. Why don't you try to act them out by putting on a puppet show. I am sure this will put a smile on your younger sibling's face..

You don't have a puppet? Don't worry, the wonderful thing about puppets is that they don't have to be an expensive one from the store. An old sock that you don't use anymore can be made into a very engaging and charming puppet.

Finger puppets, glove puppets, sock puppets or paper puppets are a great variety of options for you to choose and make your own.

You can use <https://www.pinterest.com/sefulcher/puppet-making/> for some tips and ideas.



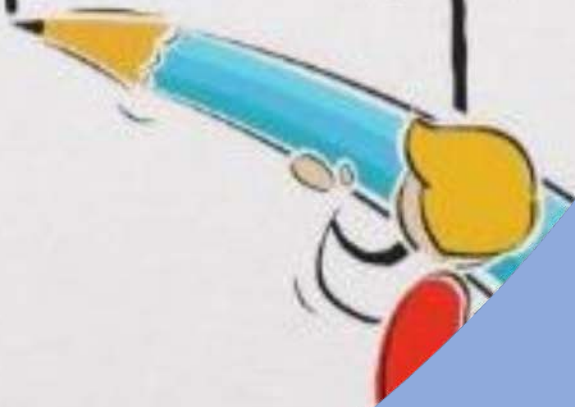


LET'S JUMP

There are so many benefits to jumping rope – it is an excellent motor – skills activity, improves coordination, balance and most importantly it is FUN.

You can have fun while just practicing simple rope jumping alone, or while hanging out with friends and family. Either way, you are getting a total body workout and you are building lean muscles in nearly every part of your body.

A BIG
Thank You.



Thank you Nabhaan Aftab of FS2 I and Riyab Aftab of FS1 E for your participation and efforts in the Project of the month of April.

Thank you for sharing your healthy and nutritious recipes.

You can find all submissions for April's cooking project here:

<https://padlet.com/dbjmiranda16/cookwithlove>

We hope that you enjoy it and can't wait to see your next submissions!



Riyab Aftab FS2 I



PROJECT OF THE MONTH OF MAY

We are happy to introduce our Project of the Month page – you can find a series of projects to enrich your free time and to bring you joy and pleasure. All activities which you choose and accomplish can be submitted to the following Padlet Link:

<http://padlet.com/dbjmiranda16/unityindiversity>

Kindly note that this can be either photographs (please mind the size) or a short video.

Scroll down, and pick out you project, we hope you are going to enjoy it. Don't forget to share it with us too!



UNITY IN DIVERSITY

May 21st

Language, clothing, food, music, customs, beliefs, religion are the features defining our culture. We are happy to live in a country that has one of the most culturally diverse societies in the world. We are happy to have classmates from all over the world and get the chance to explore their culture and develop our selves as a global citizens . May 21st , is the World Day for Cultural Diversity. Celebrating our differences helps unite and educate us.





Celebrating Our DIFFERENCES

FS1&FS2 – COUNTRY FLAG DRAWING

Can you draw the flag of your country and explain us briefly what the particular color or symbol used in the design of the flag means. Color it nicely trying not to go out of the borders . Share your drawing and interesting facts with us too.

YEAR1&YEAR2 – DANCE THE WORLD

Learn a Folk dance from different country or demonstrate a particular type of folk dancing from your country. Make a short video and posted in the padlet wall. Can't wait to see these interesting moves.

YEAR 3&YEAR 4 COSTUMES FROM AROUND THE WORLD

Every culture in the world has its own national clothes. Why don't you draw with great details clothes from your country. Be creative and use different craft materials to make it unique too.

YEAR5&Year 6 – OBJECT OF CULTURAL SIGNIFICANCE

Take a picture or make a video of an object with cultural significance from your country (ex; chopsticks, currency, ect.).While showing it, explain to us briefly its significance how it does connect to something within your culture.

take it easy!



enjoy life!



don't give up!



believe in yourself!



relax!



think positive!



keep calm!



just do it!



smile!



yes you can!

