

**THE  
WINCHESTER**

**Wellbeing**

**CALENDAR**



**HAPPY NEW YEAR**

**JANUARY 2021  
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](#).**



# DRAW OR WRITE YOUR DAILY ROUTINE TO FOLLOW



Sometimes, our schedules can feel messed up, and you are often finding yourself in a never-ending thought of what to do. That is why this can come in handy. Write down a daily routine for all seven days to follow. Things like: Chores, Screen time, Homework or some fun games that you can think of.

## GO FOR A WALK

If it is safe, go ahead and have a walk around your neighborhood. Take a walk with your pet or parents

Daily Schedule

Before 9:00 AM	Wake up!	Make your bed, eat breakfast, brush teeth, get dressed
9:00-10:00	Outdoor Time	Family walk or outdoor play
10:00-11:00	Academic Time	No Electronics! Reading, homework, study, puzzles, journal
11:00-12:00	Creative Time	Creative play, drawing, Legos, crafts, music, cooking, baking
12:00-12:30	LUNCH	
12:30-1:00	Home Chores	Clean rooms, put away toys, take out garbage, pet care
1:00-2:30	Quiet Time	Reading, nap, puzzles, yoga
2:30-4:00	Academic Time	Electronics OK! Educational games, online activities, virtual museum tours
4:00-5:00	Outdoor time	Family walk or outdoor play
5:00-6:00	Dinner time	Family dinner, help with clean-up and dishes
6:00-9:00	Free Time	Relaxing before bedtime
9:00 PM	Bedtime	Put on PJs, brush teeth, clothes in laundry

Tell your parents how much you love them and what are their best qualities.



## Let's create a journal! For our New Year!

You can add all sorts of things like:

Make a new year's resolution think about  
What you want to achieve and want to do in  
this year.

It can be anything you want it to be, keep it  
safe because you will be adding more and  
more information whenever you feel like it.  
Don't forget to track your progress and if  
you feel like it post it on our social media.

Wellbeing Instagram page:  
[@fieldnotesofmentality](#)



## Hand and Eye coordination

This helps your brain get stronger and helps  
you to remember things. It also will teach you  
how to move your arms, legs, hands, eyes and  
all the other body parts to move in unison.

Let's see if you can do these activities!

Juggling

- Jump rope
- Throwing a ball and catching a ball
- Balloon batting



WEEK  
2

## Make A Board Game!

Use your creativity to make an online board game!

Once you finish making your board game challenge your friends see if they can beat you!

Don't forget to post your board game on our Instagram.

Wellbeing Instagram page: [@fieldnotesofmentality](#)



*Let's do some exercise! 😊*

**Physical activity** simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, **physical activity** should be moderate or vigorous intensity.



## Have A Game Night!

Enjoy playing with your family and friends, maybe you can bring out your board game that you made.

Share picture

Wellbeing Instagram page:  
[@fieldnotesofmentality.](#)



Add to your journal how the day went.  
Also write five things that interest you.

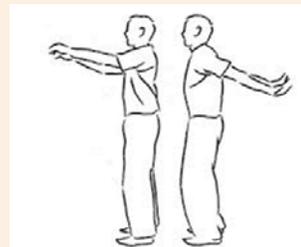


Let's cool down.

- Cool down exercises is a great way to reduce your heart rate when it is high from an exercise or an activity.
- It is also nice for you to loosen the muscles which have been tightened by the activity you just did.

Follow these instructions to do a nice cool down.

- Walk on the spot, moving arms in a gentle swinging motion.
- Touch shoulders with hands, then reach up over head. Repeat five times.
- Skip slowly on the spot.
- Skip side to side.
- Jump or hop on the spot.







We have around 6,500 languages spoken in the world today. In how many languages can you say Happy New Year? Click on the link below to post. <https://padlet.com/dbjmiranda16/worldlanguages>

## CHALLENGE YOUR SELF

Master your Wall sits, also known as a wall squats. This is a great way to build strength and endurance to your body.

A common way to try and master your wall squat is to hold it for maximum amount of time. Every day challenge your self by increasing the amount of time of your performance.



WALL SIT  
CHALLENGE



Do you litter?  
Write 5 things that will help the environment.

## Challenge your sibling to a sing off!

I know I love challenging my siblings to a singing battle, but do you is the question?

After you read this go over to your sibling and ask them if they want to participate.

-Pick a song and it should be a **Karaoke** track so there is no cheating make sure you have a fair judge as well.

Wellbeing Instagram page [@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality).



## Ball at the Wall

Find a safe wall (e.g. outside) and throw a ball at the wall and catch it in your hands. To make it easier, throw the ball at the wall, allow it to bounce once on the ground, and then catch it in hands. Use a playground size ball to start, and work towards using a tennis ball. You can experiment with different combination of throwing too : throwing over your head, master your dribbling . Ball skills develops your hand-eye coordination, motor skills, and advance your attention.



**Write 5 things you enjoy to do everyday**



# WEEK 4

## NEW YEAR NEW HABIT

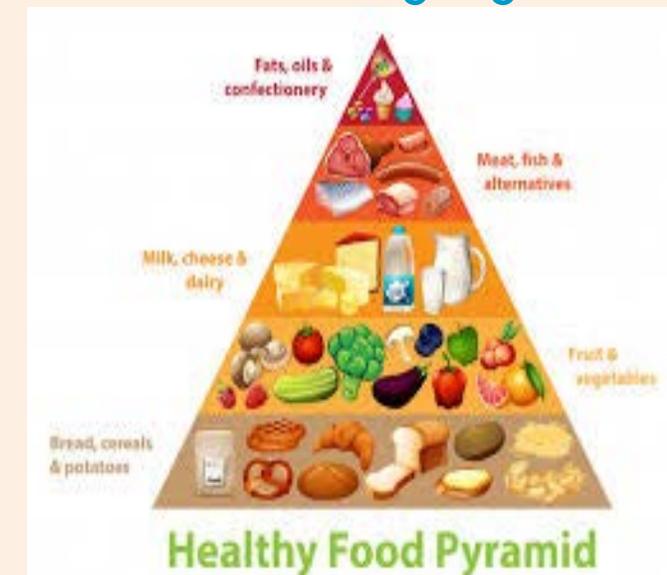
The new year is a great time to re-evaluate your progress and set goals for the future. With a new year beginning, this is the perfect time to start early and set small goals for yourself.

Healthy eating is a habit that will benefit you throughout your life. So, why not trying to cut the sweet things to minimum. Even try to avoid them- try 3 days without sugar, 5 days without sugar and see how long you can do it. And remember it takes more than two months before a new habit becomes automatic. Set this goal for your self and believe in yourself....You can do it!



**Think of all the good times that you have had in 2020!**

Today, you wont really have a physical activity. Think of ways to improve your choice of food, for the next 5 days we want you to keep track of what food, you eat and then we will see if you are using the food pyramid and eating right.



## Have a fun day without electronics

You can't avoid screens in today's world. There are TV's in living rooms, tablets in school and smartphones in most children's pockets.

But a day without electronics – digital detox could help your being in every way.

Unplugging from technology can be just the break you need to develop some healthier habits.

Running and playing outside and specially now when the weather is cool will help you sleep better.

Studies also show green spaces — playing outside improves attention span and reduces stress. Other studies have linked outdoor play to improved problem - solving skills and creative thinking.

Have a fun day without electronics!!!



## Be the leader of Cardio exercises In your family

Be the leader of your family and take your family on a cardio journey!

If you like doing cardio or just exercising why not being the leader!

Use the link below and follow and lead your family while doing the exercises.

<https://youtu.be/kAXg3cM0UCw>



**THINK**

**HAPPY.**

**BE**

**HAPPY.**