



دراسة وينشستر
The Winchester School

Wellbeing

CALENDAR
NOVEMBER
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



WEEK 1

I challenge you to be your own fitness champion. How? Sign up for the Dubai 30x30 Fitness challenge and get started. You will find a range of activities for all ages. Click on the link below to learn more and register.

<https://dubaifitnesschallenge.com/>



Just
Smile

WEEK 1

Design a superhero!

Use designs to inspire you to create a brilliant superhero.

A superhero activity for a superhero, could this get any more easy.



Silly Stories!

Take turns saying one funny sentence. Form it into a story and give your story a funny title. You can also add a funny drawing to it. This can be a great family game filled with laughter and creativity.

Capture you drawing your superhero and post it on our Instagram page.
[@fieldnotesofmentality](#)

WEEK 2

WEEK 2

Plan your weekend!

Create an itinerary with timings for your weekend – including things like lunchtime, crafty activity, read a book, make dinner plenty of things for you to do with you family

Let's remember to breathe 😊

A person usually breathes an average of 13 pints of air every minute.

Oxygen only plays a small part in breathing. Make a conscious effort to breathe deeply

Have you read this month's newsletter? If not, what are you waiting for? Click on:

<https://drive.google.com/file/d/1Ln-x6P3V1URCDVBfqjDoasjJoAHQ7H2Y/view?usp=sharing>



WEEK 2



Three Good Things!😊

Write down 'three good things' that have happened this week.

For each thing, think about how it made you feel good and why.

These could be anything from - I've worn my favorite slippers all week, to I baked a delicious cake.

Have a rest day😊

Sometimes we can feel too tired to do anything. That is when your body is telling you that you need to rest. So, light some candles, play some music or open the windows to let in some fresh air and relax.

Share with us what your family does for self-care



WEEK 3



WEEK 3

ORIGAMI TIME 😊

Not only is origami stress relieving, but its also fun to make! You can create by folding up all sorts of things. From animals, objects, there are so many tutorials online. If you don't succeed on your first try, don't get mad and give up. Keep trying, because eventually you will make one!

The weather is great these days, so get out of your homes and fill your lungs with fresh air.

If its safe for you to go outside, take a bike, scooter, skateboard, roller-skates or any piece of fun equipment outside with the supervision of an adult. This is a nice physical exercise and gets you outside to enjoy nature!

I bet you've already signed up for the 30x30 fitness challenge. Well done. But if you've forgotten, this is a reminder. Sign up NOW!!!



WEEK 3

WATCH THE SKY

During the day, watch the clouds, this can calm your thoughts and can spark creativity and imagination. When you find an interesting one, you can draw it on a piece of paper and try to find out what it looks like! This can be an animal or object.



FRISBEE OR BADMINTON

Go outside with a friend or family to play some Frisbee or badminton. This can help hand-eye coordination and gets you in shape even when having fun.



WEEK





PEBBLE ART

When you go out for a walk outside, collect some nice pebbles from the ground. They can be different sizes and colors. When you get home, take a piece of paper and glue. Start sticking them in different designs or patterns. This makes you calm, and it can turn out very nice.



WEEK 4

MASTER A JUMP ROPE ROUTINE

Jumping rope is great aerobic exercise and will get your heart rate up in no time. Practice a jump rope routine – you can find tutorials online – from basic tricks through to complicated routines.





WEEK

4

MOVIE NIGHT

Today will be a fun day, with your friends or family, decide what movie you want to watch. Try to make guesses of what will happen next, and identify all the features like the climax, beginning, middle and end.

Also, make some healthy snacks that you can eat while the movie is going on.

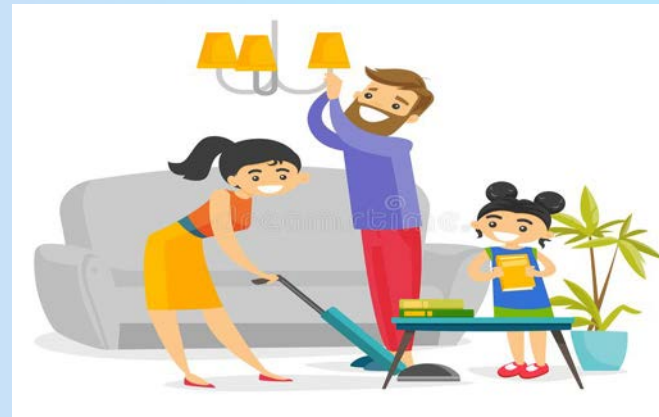
TODAYS EXERCISE IS...CLEANING

Yes...cleaning! Did you know that cleaning your house can be good for your body too? Well, help a parent around the house doing some chores. At the end of the day, your house will be neat and tidy. Let's see if you want to mess it up after all the hard work you did 😊

I am sure that now you feel fitter than you did when you registered on day 1 for the 30x30 Dubai fitness challenge. Well done. Please share your journey with us on:

Wellbeing Instagram page: @fieldnotesofmentality

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**Don't wait until you
reach your goal to be
proud of yourself.
Be proud of every
step you take.**

Karen Salmon