

**THE  
WINCHESTER**

**Wellbeing**

**CALENDAR**



**OCTOBER  
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](https://www.instagram.com/fieldnotesofmentality).



## Let's create a journal!

You can add all sorts of things like:

What you want to be when you grow up

What you are passionate about

What makes you happy

What you want to achieve when you grow older or 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.



## 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



## Have a meeting with your classmates!

When you have a meeting with your classmates it will help you socialize in class and get closer to your classmates. You can do the same with your cousins. It has been a while since you have interacted with your cousins, so why don't you connect with them.



## Why don't we learn some yoga poses!

- Yoga is good for all of us because it helps you become more flexible.
  - It helps you to be calm and to relax.



Write three things you are grateful for.



WEEK  
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## Write a letter!

You will write a letter to your future self. You can talk about:

What you have achieved?

How you feel?

Anything exciting happening in your life?

How you did in your exams?

You can write plenty of questions for your future self. I would say in 3-5 years you should open the letter and reflect.



**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.

Name two things that can make the earth a better place to live in.

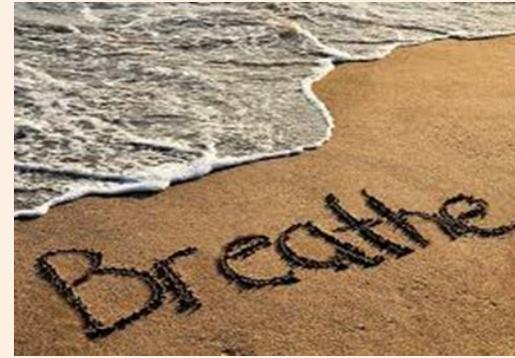


## Let's Dance! 😊

Dancing is a good way to loosen up some muscles and have fun. Listen to your favorite music and feel the beat. Everybody has an individual style *and dancing shows it.*



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

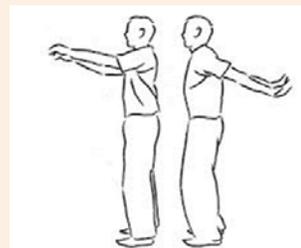


## Let's cool down.

- 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 u 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.





## MAKE A STRESS TOY FOR YOURSELF

This activity can help you to relax by massaging your hands and releasing your tension.

Simply take a balloon and filling it with dry rice or pulses. Tie it up tightly . Take the ball in one or both hands and squeeze and release. Experiment with squeezing the ball. Find a way that is right for you, adjusting the speed, pressure, and timing of squeezes to whatever way you like.



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



## 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.



## GO TO THE KITCHEN!

Today, let's go and help your parents prepare an amazing meal for your whole family!

You can learn how to mix different ingredients, how to measure them properly and how to use kitchen tools. Not only will you spend time without any electronics, but you can also discover that you have a talent in culinary!



## Ball at the Wall

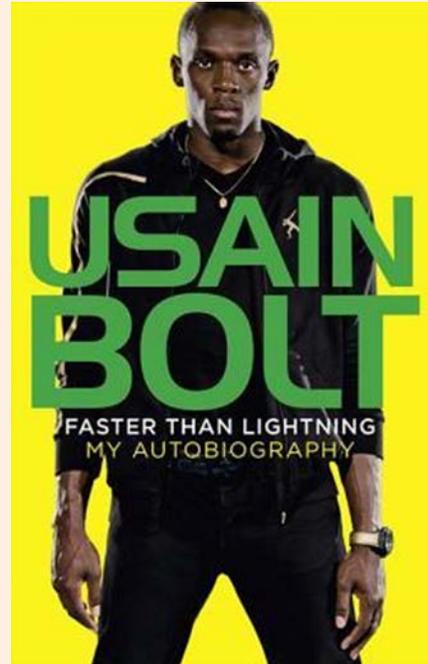
Find a safe wall (e.g. outside) and throw a ball at the wall and catch it in your hands. To make it easier, throw the ball at the wall, allow it to bounce once on the ground, and then catch it in hands. Use a playground size ball to start, and work towards using a tennis ball. You can experiment with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

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



## LOOK THROUGH OLD PHOTOS

Looking through old photos of your self, and siblings . This can be great memories for you and your parents. Try to remember some pictures, if you can't, then try to recall what it must have been like.



Today, you wont really have a physical activity. You can watch a movie or read about some famous sports men and see how they got to become famous. This can motivate you to get up and be active when you feel like there is nothing to do!

**Add 2 things that will help you become just as fast as Usain Bolt!**



# WEEK 4

## DRAW OR WRITE YOUR DAILY ROUTINE TO FOLLOW

Sometimes, our schedules can feel messed up, and you are often times 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.

### 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

## 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

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



**THINK**

**HAPPY.**

**BE**

**HAPPY.**