



WINCHESTER WELLBEING CALENDAR

FEBRUARY 2022 EDITION


Dear Winchester Family,

We proudly welcome you to the February edition of the Winchester Wellbeing Calendar for the academic year 2021-2022.

Wellbeing plays a fulcrum role in our day to day lives. Given the current COVID-19 situation, we are hardly able to prioritize our both physical and mental wellbeing. The purpose of the calendar is to assist in managing our wellbeing more efficiently and spreading the same awareness to your family and friends.

If you wish, you can capture some of the moments and activities and email them to us at winwellbeingfulcrum@gmail.com. All contributions would be celebrated on Winchester's Wellbeing Instagram page [@win_wellbeing_fulcrum](https://www.instagram.com/win_wellbeing_fulcrum), a special space that brings together all wellbeing things at Winchester.

We truly hope this wellbeing calendar proves beneficial to your wellbeing and you enjoy the activities curated with care.



01.

WEEK 1

FAMILY TREE



With the help of your parents, track down your ancestry as far down as possible- and put it all up on a family tree.

Learning about where one comes from is a major factor to knowing and truly finding oneself.



WORLD CANCER DAY

Friday 4th february - World Cancer day.
Honour all those affected by Cancer by either:

- Make your own quotes based on car awareness
- Make a roleplay stating the important measures to be taken
- Share your kindness by creating a card for the people who are diagnosed with cancer



The background is a light pink color with a decorative border. The border consists of various hand-drawn elements: red hearts, pink flowers, black hearts with radiating lines, and cherries. The word "Bismine" is written in a small, pink, cursive font throughout the border. The main text "02." is in a large, bold, dark blue font, and "WEEK 2" is in a large, bold, red font.

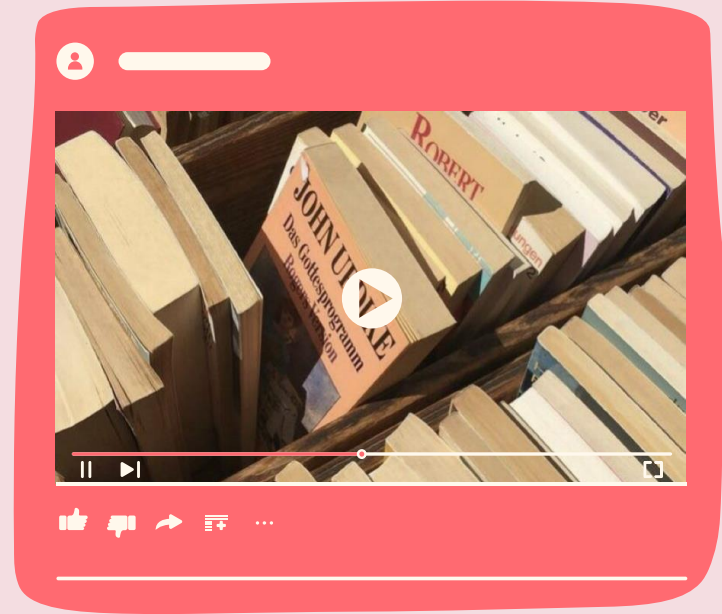
02.

WEEK 2

VALENTINES DAY

Celebrate the day of love by going to a bookstore (even an online store!) with a loved one, whether a friend or family. Take your time choosing a book (or books!) you think the other would enjoy. Hide silly notes inside the book and wrap it up so it's a surprise as to what the book is! Exchange the books and come back to each other once you're done and see whether your guess of their preferences was in their favor!

You can do this with movies as well!



COOK SOMETHING TRADITIONAL



One of the best ways to truly calm yourself and channel your energy in a healthy and productive manner is to bake something yummy! Not just for yourself, but for others too !

With the help of your parents and elders of the house, find family inherited recipes and try them out !


Whether it be a family secret or a national delight, enjoy your cultural delicacies with the ones you love.

So, find a recipe that suits your liking, and get baking !

PSST.....

Need a little help in starting to bake? Here is a video to help you out!

<https://www.youtube.com/watch?v=V-EWR1MZals&t=7s>

The background is a light pink color with a decorative border at the top and bottom. The border consists of a repeating pattern of various heart shapes (red, pink, white, and dark blue), small pink flowers, and cherries. The word "Bismillah" is written in a small, light pink font between the hearts. The main text "03." is in a large, bold, dark blue font, and "WEEK 3" is in a large, bold, red font.

03.

WEEK 3

LEARN HOW TO SAY HELLO IN 100 LANGUAGES



With the world becoming smaller and smaller day by day, we'll need a little help to network with everyone we meet in our life.

As a cure for boredom or as a good effort to gain knowledge- try to learn these greetings in 100 languages and share your progress with us !

THE LINK:

<https://ninaoutandabout.ca/how-to-say-hello-in-different-languages/>

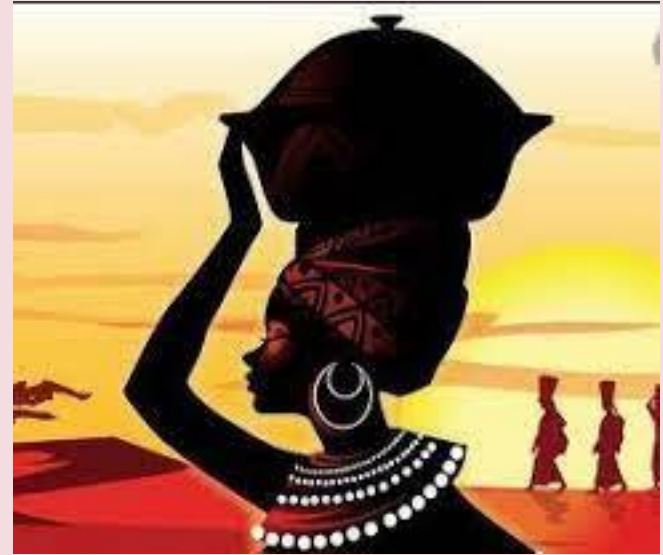
AFRICAN ART

Art is known to calm one's mind, and so is discovery. Discover the wonders of African Aboriginal art and try it out for yourself!

Embrace the difference in traditions (or just embrace your own tradition if that's the case!) and create pointed masks and huts and whatever your heart leans towards!

For some inspo:

<https://youtu.be/XPUrwljaS3M>



04.

WEEK 4







WORLD PEACE & UNDERSTANDING DAY - 23RD FEB

The most important peace to find is internal peace. There are so many miniscule and macro problems hindering our peace on a daily basis that we lose track of what exactly is bothering us.

We should come to peace with problems out of our control, as well as recognise problems within our control

Do this by:

- Make a list of all the things bothering you (no matter how small)
 - Look at which ones are in your control, and which aren't
 - If they are in your control, do what you can you make it change
 - If you can't control it, let it go and come to peace with yourself.
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PHYSICAL EXERTION

To experience true wellbeing, it is important to take care of your physical health as well !
Workouts may be challenging for a lot of us, so it is important to find fun, engaging ones to keep us entertained and physically challenged as well.

Playlist of Dance Workouts:

<https://www.youtube.com/playlist?list=PLN99XDk2SYr7YFHIVmTffejyRZliMGGIM>

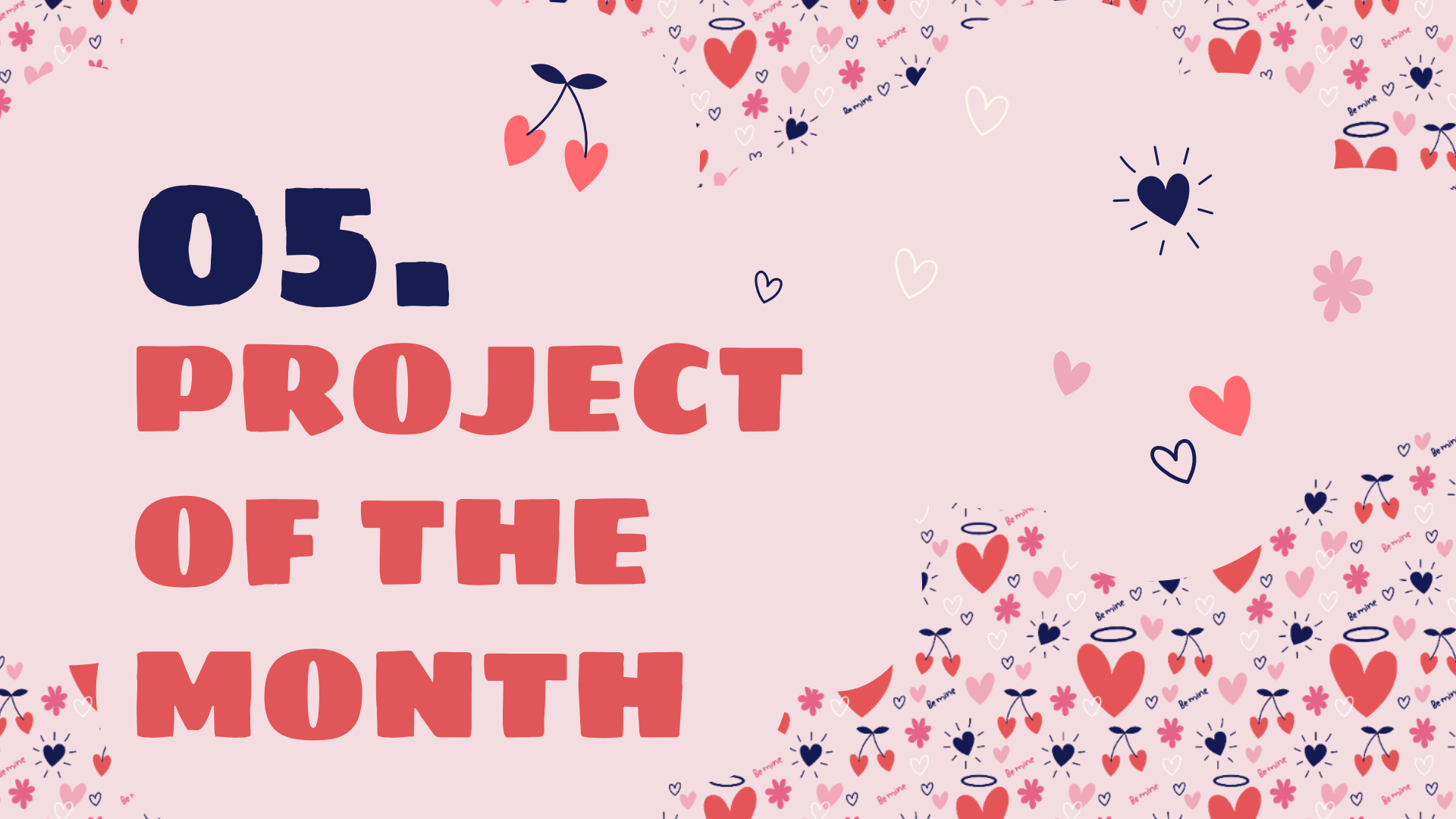
SPELL YOUR NAME

AND DO THE WORKOUT!

**TRY OUT THIS
SPELL YOUR NAME
WORKOUT!**

After you've spelled your first name, take a step forward and spell out your last name too!

- | | |
|--------------------------------|--------------------------------|
| A: 15 PUSHUPS | N: 10 PUSHUPS |
| B: 50 JUMPING JACKS | O: 20 LUNGES (TOTAL) |
| C: 20 CRUNCHES | P: 10 TRICEP DIPS |
| D: 10 BURPEES | Q: 20 JUMPING JACKS |
| E: 60-SECOND WALL SIT | R: 60-SECOND PLANK |
| F: 20 ARM CIRCLES | S: 30 BICYCLE CRUNCHES |
| G: 20 SQUATS | T: 60-SECOND WALL SIT |
| H: 30 JUMPING JACKS | U: 40 HIGH KNEES |
| I: 60-SECOND PLANK | V: 30 SQUATS |
| J: 20 MOUNTAIN CLIMBERS | W: 15 TRICEP DIPS |
| K: 40 CRUNCHES | X: 10 MOUNTAIN CLIMBERS |
| L: 12 BURPEES | Y: 12 JUMPING LUNGES |
| M: 15 JUMP SQUATS | Z: 30 CRUNCHES |




05. PROJECT OF THE MONTH



PHOTO- A - DAY CHALLENGE

By the use of a daily prompt, take a photo a day in relation to the theme and look back at the end of the month of all the clicks you took !

<p>A water body (river, lake, pond, etc.)</p>	<p>A picture of you meditating</p>	<p>Your favorite game</p>	<p>Your favorite architecture</p>	<p>Something that enlightens your mood</p>	<p>Your favorite animal</p>	<p>You with your sibling/friend</p>
<p>A plant/ flower</p>	<p>A glimpse of your favorite hobby</p>	<p>Someone you love</p>	<p>Your favorite color</p>	<p>The sky</p>	<p>The sunset</p>	<p>Buildings</p>
<p>A stack of Books</p>	<p>Childhood Memory</p>	<p>Eyes</p>	<p>Something to eat</p>	<p>Lights</p>	<p>Mirrors</p>	<p>Your favorite sketch/drawing/painting/ etc.</p>
<p>A garden</p>	<p>Skyscrapers/ tall buildings</p>	<p>Your favorite book</p>				



We can't wait to see all the wonderful contributions from WIN students, parents, and teachers. Choose one activity, choose two, or if you want to, do them all - anything that makes your heart happy and evokes a sense of wellbeing.

All contributions can be sent to winwellbeingfulcrum@gmail.com.

You can find all your contributions on Instagram
[@win_wellbeing_fulcrum](https://www.instagram.com/win_wellbeing_fulcrum)

- CA DEPARTMENT





THANK YOU

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