



The Winchester Well-being Calendar

JANUARY 2022 EDITION



Happy New Year!

THE WINCHESTER WELLBEING CALENDAR SERIES 2021-2022



Greetings WIN Family!

We proudly welcome you to the WIN Wellbeing Calendar January edition of the Academic Session 2021-22.

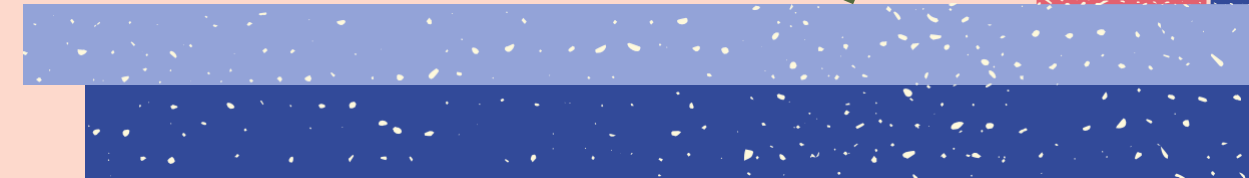
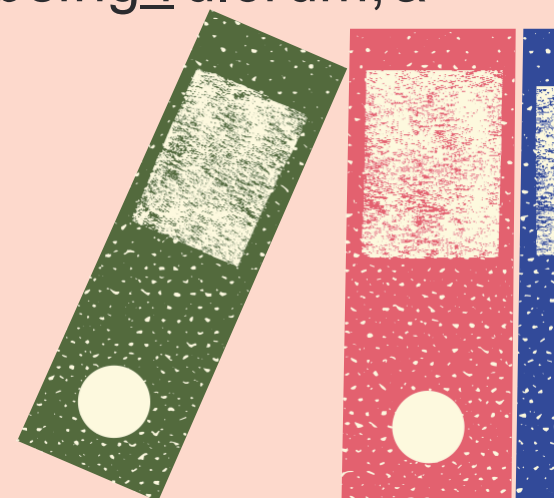
As we traverse on our focused and passionate quest to nurture all students into enablers, changemakers and global citizens, our ethos are always driven by the commitment to their all-round wellbeing. Wellbeing is and will always be the fulcrum of all that we do at Winchester as we encourage the leaders of the future to engage, relate and shine.

The WIN Wellbeing Calendar is one of our multifaceted quests to remind our WIN community members to take a minute to pause, look around, breathe in and breathe out with mindfulness and engage in activities which recharge the batteries, refurbish the soul and make the heart smile. We would love for you to take up what makes you happy. 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, a special space that brings together all things wellbeing at Winchester.

We ardently hope you enjoy the activities we've curated with love and thought for you, dear WIN family.

Sincerely,

Yousha Surjiani, Year 13, and Nyshaan Chalakkal, Year 6
Student Heads of Empowerment



The background is a solid blue color. In the top corners, there are four blue paper clips. In the bottom corners, there are two pencils: one orange and one blue, both with white erasers. A large, light orange rectangular shape is centered on the page, containing the text "Week 1".

Week 1

Set Goals To Make This Year The Best One Yet



The coronavirus pandemic has taught us to prioritize our wellbeing, whether it's physical, emotional, academic, or social. Instead of purely chasing success, chase mental and physical health too. For example, you could set your sights on revolutionizing your mental health, troubleshooting your sleep routine, or transforming your living spaces (goodbye, messy closet!).

We recommend keeping a journal to keep track and make sure you reach your wellbeing goals! A template can be found below:

<https://www.pinterest.com/pin/509047564115730516/>

how to start exercising and stick to it



1. Set goals: Nothing will motivate you more than trying to achieve a goal. Be specific when you make the goal. Add more fun to it by either involving your friends and family or rewarding yourself with gifts!
2. Schedule a regular workout time: By scheduling a set workout time every day you will automatically hold yourself more accountable. If mornings are hectic for you, then see what time of the day will work better for you and commit to it!
3. Keep it simple: The more you complicate things, the higher the chance you will lose interest. Do you want to run? Get properly fitted running shoes and go out and run. No need to worry about ideal running gear, compression garment, heart rate monitor, etc.

The background is a solid light blue color. In the top-left and top-right corners, there are two blue paper clips each, drawn with simple lines. In the bottom-left and bottom-right corners, there are two pencils each. One pencil is orange with a white eraser and a blue band, and the other is dark blue with a white eraser and a blue band. The pencils are angled towards the center.

Week 2

make a nature mosaic



Everyone has heard of the issues humans are causing to the environment, but we have also heard of how we can make a change. To make a change, you need willpower. Through this activity, you will see the beauty of nature, as well as a cause to fight for.

1. Draw a picture of any flower or tree or plant as a simple sketch.
2. Take a sheet of paper and cut it into uneven pieces.
3. Glue them to the flower in a way that fits the image roughly.
4. Color it in using appropriate colors but many different shades of the same color in a section for a mosaic and creative feel.
5. Marvel at your masterpiece.

There are many other ways in which you can make a nature mosaic, whether it's using actual flower petals or any other materials. For more clarity on how to make a nature mosaic, watch the video below:

<https://www.youtube.com/watch?v=1cGEEho5To>

Declutter your surroundings the Marie Kondo Way



Make sure to use the Marie Kondo method. The KonMari Method is Marie Kondo's minimalist-inspired approach to tackling your stuff category-by-category rather than room-by-room. While many people associate her method with tidying, it's really about discarding items that lack value. There are six basic rules to get started:

1. Commit yourself to tidying up.
2. Imagine your ideal lifestyle.
3. Finish discarding first. Before getting rid of items, sincerely thank each item for serving its purpose.
4. Tidy by category, not location.
5. Follow the right order.
6. Ask yourself if it sparks joy.

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Week 3

a song a day keeps the negative emotions away



It doesn't matter if you love metal, pop, or EDM, music can help your mood and help you cope with (or even take control of) tricky emotions. Incorporating music into your everyday life can help to:

- elevate your mood and motivation
- aid relaxation
- increase the efficiency of your brain processing.

Set aside simply 5 minutes a day to lay down and listen to your favorite song or any song. If things aren't going right, and you don't know what to do, just turn up some good music, and tune out for a few minutes before you attempt to figure everything out again.



at home, i will ...

Commit one act of kindness a day at home. This could be something really simple, like washing the dishes after dinner or helping a sibling with their homework. Studies have shown that committing one simple act of kindness a day releases positive endorphins, improving one's mental health and overall well-being.

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Week 4

design a dragon



Chinese New Year occurs every year on January 25th. The Chinese celebrate this holiday with flying paper, dragons held on sticks, dancing, and more. In this activity, you will create your own dragon.

Design a dragon, colored as you wish and portraying your likes and hobbies. Make it comical, it doesn't have to be detailed or realistic. If you like tennis, have it hold a tennis racket! You can even create variations of this, either with different animals or different features.

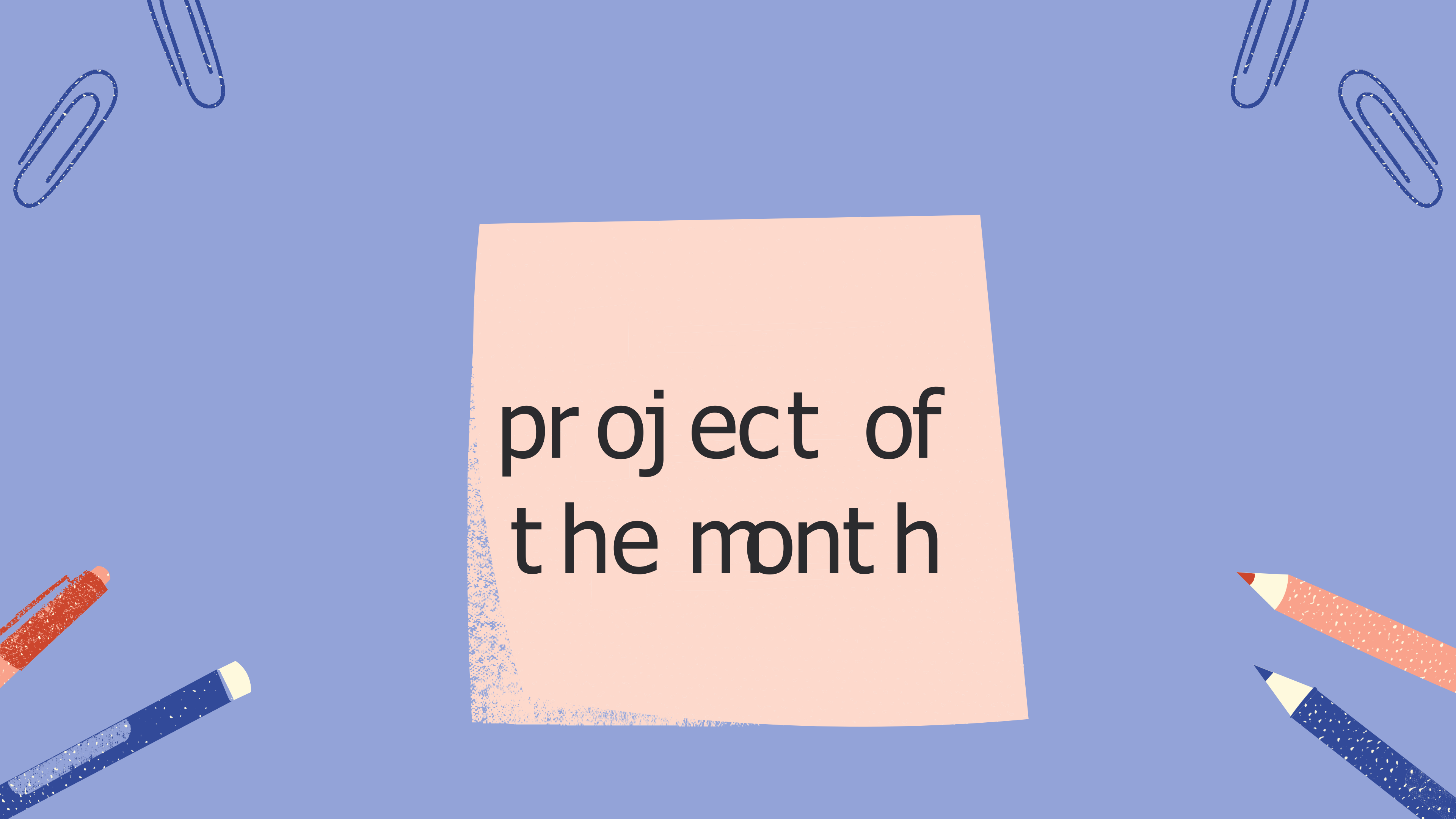
Through this activity, not only will you learn about another culture, but you will also be creative and explore yourself.

Mindful Breathing

This exercise can be used as a relaxing and thoughtful way to start the day, end the day or help relax and keep calm. Find somewhere quiet or put on some relaxing music in the background. For younger children, this can be done with a parent or teacher guiding them. For older children, it can be done alone or with others.

1. Find a comfortable place to sit or to lie down on your back.
2. Place your hands on your stomach.
3. Take a big deep breath – in through your nose and out through your mouth. Do this three times and then gently close your eyes.
4. Continue to slowly breathe in through your nose and count 1, 2, 3 in your head (or out loud).
5. Hold your breath and count 1, 2, 3 in your head (or out loud).
6. Slowly breathe out through your mouth and count 1, 2, 3 in your head (or out loud).
7. Count 1, 2, 3 in your head (or out loud) and then breathe in again through your nose.
8. Repeat these steps for five minutes and reflect on the month while you are breathing.
9. When you have finished, gently open your eyes. Have a look at the room around you and think about how you feel. Do you feel different compared to before the activity?



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pr o j e c t o f
t h e m o n t h

Make a gratitude jar

Gratitude jars provide a simple way to cultivate the habit of being mindful of the good things in your life. Each day or week, write down one thing for which you're grateful and put it into the jar where they collect as a reminder of the good things in your world.

1. Start with an empty plastic jar. Peanut butter or mayonnaise jar works well, but you can also go with something larger if you have it. Plastic jars are your best bet because they won't break if accidentally dropped.
2. Anything goes for decoration. You can use practically any craft item to decorate your jar. Torn tissue paper, yarn, glitter, construction paper... even buttons, bottle caps, and photos.
3. Make the slips. Cut out blank squares of paper on which to write things for which you are grateful. You can also use a small notebook for this if the pages will easily tear out and fold small enough to fit quite a few into the jar over the coming days.
4. Add a slip to the jar each day. With the jar ready to go, pick a regular time to write the gratitude slips - maybe at dinner or bedtime. As you add a slip each day, soon the jar will fill with reminders of good things in your life. If you want to make it more unique, you could also add little mementos such as a movie ticket, or a shell you picked up during a memorable time by the sea, or anything that reminds you of a wonderful time. When you later look back at your jar, you will be surprised to see how many things you have to be grateful for.

5.



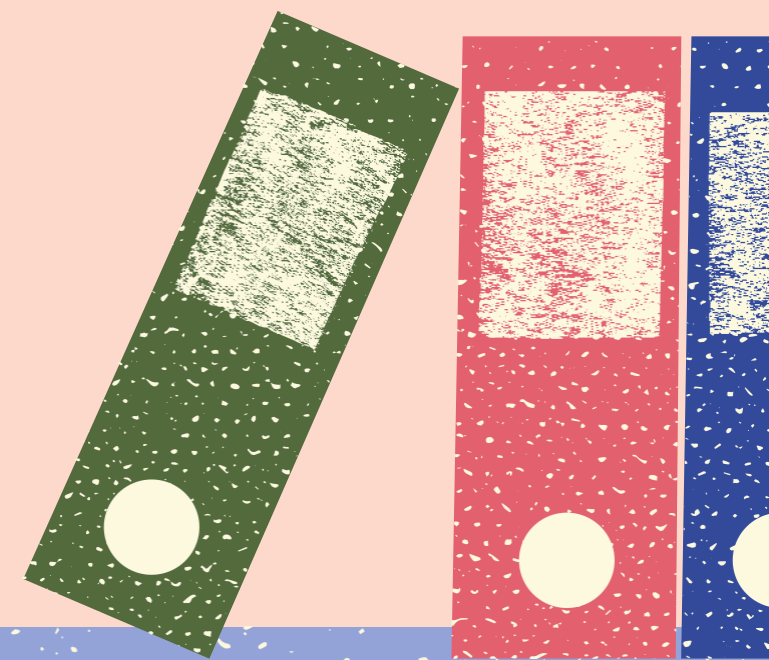
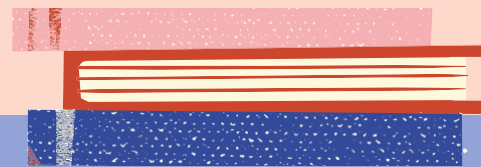
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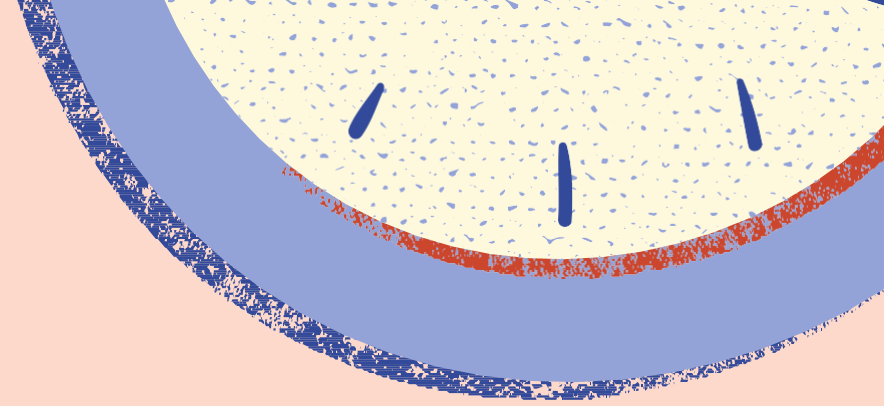
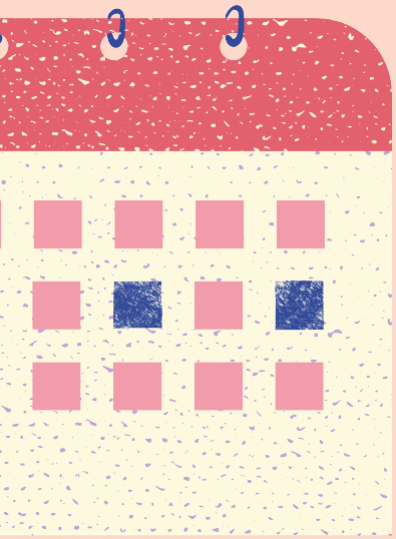


We can't wait to see all the wonderful contributions from WIN students, parents, and teachers. Choose one activity, choose two, or if you want to, do them all - anything that makes your heart happy and evokes a sense of wellbeing.

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

You can find all your contributions on Instagram @win_wellbeing_fulcrum





Thank You!

