



دراسة وينشستر  
The Winchester School

**SUMMER 2022**

**WELLBEING CALENDAR**





# **THE WINCHESTER WELLBEING CALENDAR SERIES 2021-2022**

**GREETINGS WIN FAMILY!**

**WE PROUDLY WELCOME YOU TO THE WIN WELL-BEING CALENDAR SUMMER EDITION OF THIS ACADEMIC YEAR 2021-22!**

**WE'VE COME TO THE END OF ANOTHER SUCCESSFUL ACADEMIC YEAR, AND THE SUMMER BREAK HAS BEGUN, A TIME FOR SOME MUCH NEEDED RELAXATION, REJUVENATION, AND ENJOYMENT FILLED WITH LOTS OF FAMILY TIME, ICE CREAM, SWIMMING, LAUGHTER, AND SOME FABULOUS MEMORIES. WELL-BEING IS AND WILL ALWAYS BE THE FULCRUM OF ALL THAT WE DO TO BOOST OUR KINDNESS, EMPATHY, AND HAPPINESS.**

**THE WIN WELL-BEING 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 WELL-BEING INSTAGRAM PAGE @WIN\_WELLBEING\_FULCRUM, A SPECIAL SPACE WHICH BRINGS TOGETHER ALL THINGS WELL-BEING AT WINCHESTER.**

**THIS BEING THE LAST EDITION OF THIS ACADEMIC YEAR, WE ARDENTLY HOPE YOU ENJOY THE ACTIVITIES WE'VE CURATED WITH LOVE AND THOUGHTFULNESS FOR OUR DEAR WIN FAMILY!**

**SINCERELY,**

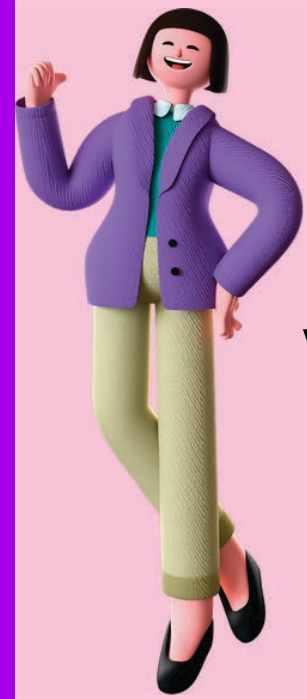
**KANCHAN PALAKODE - DEPUTY HEAD BOY**

**MISHAL FARAZ, SAADGEE SINGH - STUDENT HEADS OF WELLBEING**



**WEEK 1**





# Give and increase your Wellbeing



**Vacation is the perfect time to participate in Social and Community life to improve your mental well-being .**

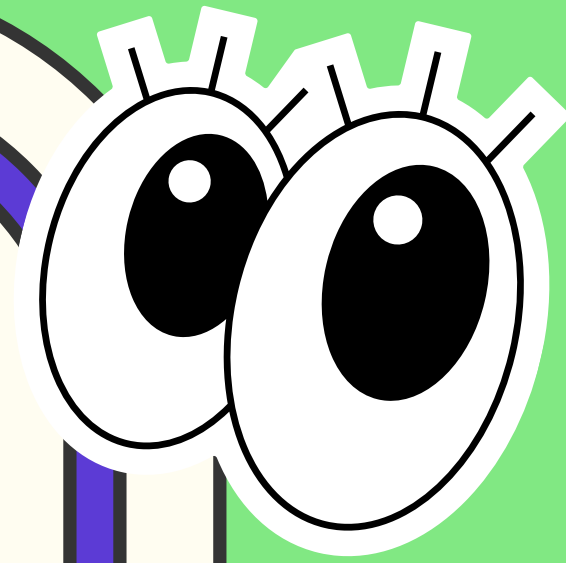
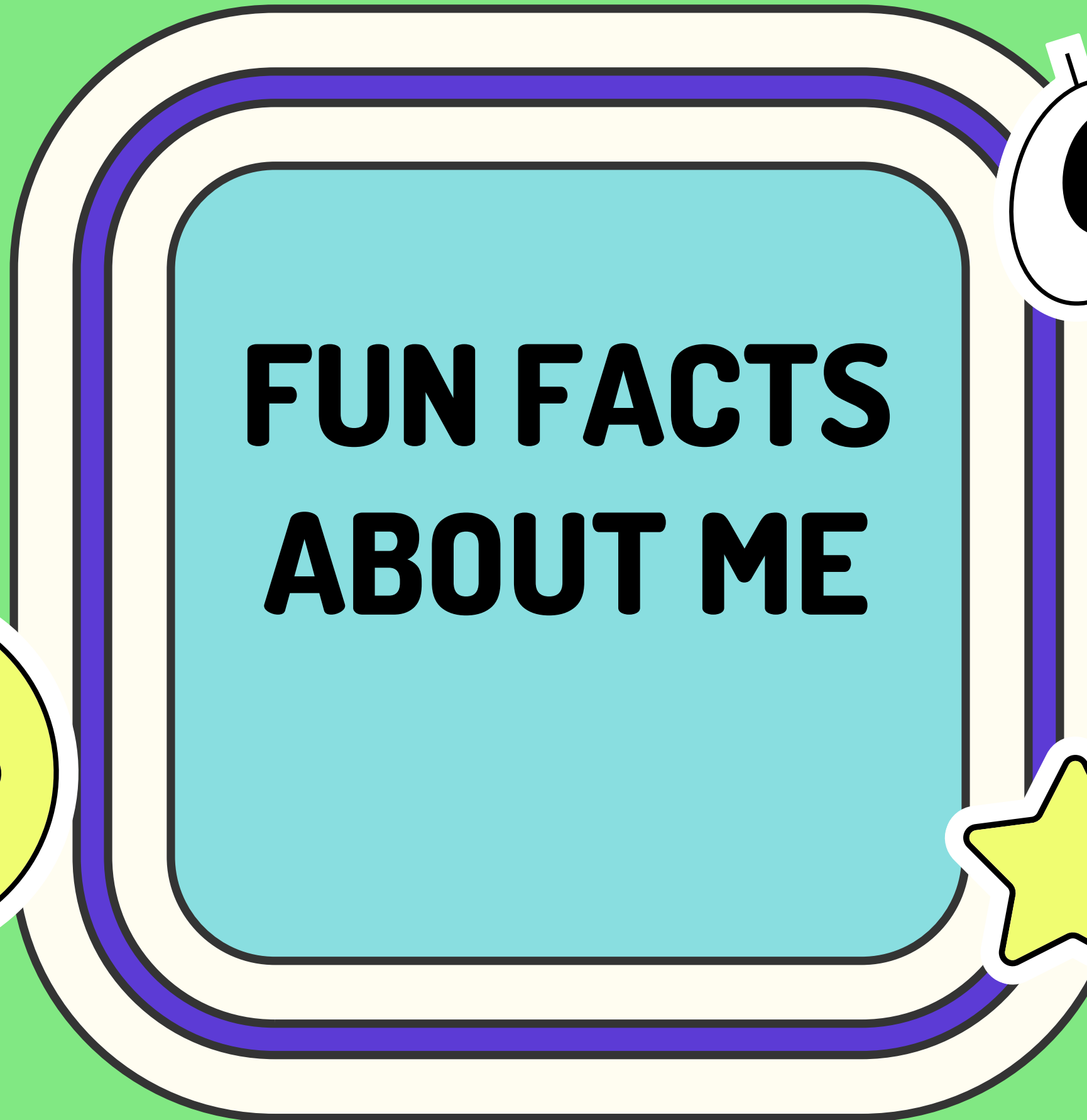
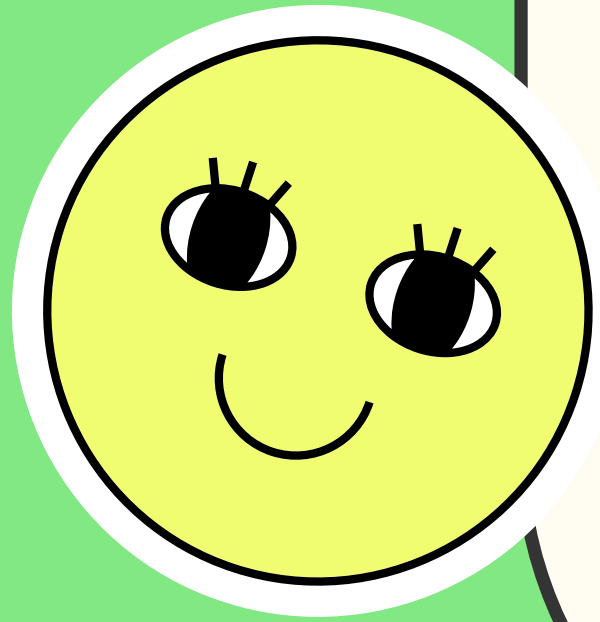
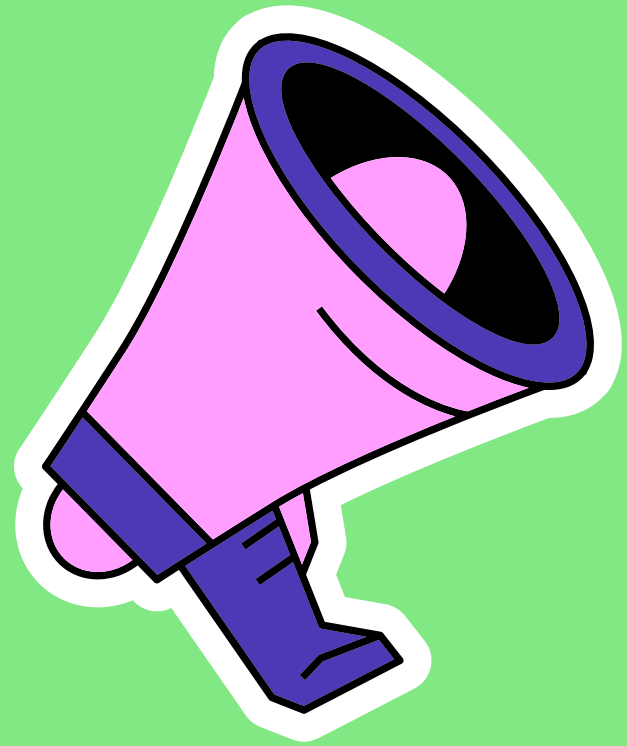
**Individuals with greater interest in helping others are more likely to rate themselves as happy.**

**Committing an act of kindness once a week over a six-week period is associated with a boost in your well-being.**

***So give a compliment !.. Pay for your friend's coffee !..  
Message someone, you haven't spoken to in a while !..***

**Life is too short to react with anger and build walls!**

COME UP WITH INTERESTING FACTS ABOUT YOURSELF



# STAY ACTIVE

While staying home during the summer months, it's especially important that we stay active in order to maintain our physical wellbeing. To do that, a type of exercise you can try out is **CIRCUIT TRAINING** - you don't even have to go outside!

Circuit training is a good idea because it's a combination of various different kinds of exercise which work on various different parts of your body, so it's quick and effective. Some of the benefits of circuit training are that they offer a full body workout, they enhance strength and muscles, they're time-efficient, and it's very flexible, meaning that there are a number of different ways to do it pertaining to a number of difficulty levels.



# LEARN TO KNIT

Knitting is an extremely beneficial hobby to take up, and a great way to pass the time when you're at home. It's relatively simple - you can knit anywhere and everywhere, and it isn't much of a hassle and doesn't take up too much space. Studies have shown that knitting increases cognitive function and helps you practice mindfulness, and serves as a calming, therapeutic activity.

Additionally, learning to knit also increases our sense of environmental responsibility, as we can restore old clothes, blankets, cushions, etc, instead of throwing them away, or maybe repurpose them into something else!

There's no limit to the things you can create while knitting, so let your imagination run wild!





# Celebrate the holiday season

**Play guessing games with presents and wrapped gifts!**



**Talk about tips for guessing wrapped gifts correctly, such as the sound it makes when shaken, talking about whether it is hard or soft, and if it is heavy or light.**

**Learn something about how a different culture celebrates the holiday season!**

**Use language such as “I wonder”, “I guess”, “I think”, “I choose” to introduce “mental state” language and Theory of Mind.**

*Holidays*



**WEEK 2**



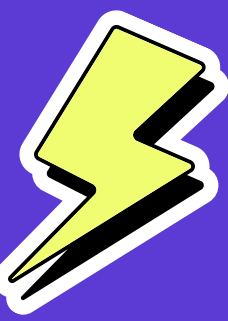
# Learn New Skills



There are so many holiday programs available to students. The idea of trying something new is great. Expand your range of hobbies and skills during this time. Choose any of these programs:

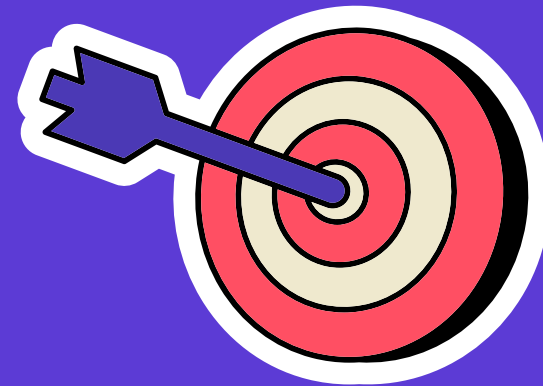
- Arts Centres
- Photography courses
- Jewellery making
- Cooking
- Choose a great colour and paint bedroom
- Create photo books
- Get started on submissions for some competitions
- Enrol in any local Summer Reading Club
- Research the family tree
- Read a great book
- Listen to an audiobook
- Read your set literature texts for the next school year

# Ways to get more Energy and Wellbeing



## *Train your body*

A daily exercise routine helps tremendously against stress and bad moods.



## *Nourish your body*

Your wise food choices are essential to good energy levels. A combination of carbohydrates and high quality proteins is ideal.

## *Train your mind*

Stay away from electronic devices for at least the first hour after waking up. By avoiding e-mail and social media, your day begins with a clear head that is not affected by the perceptions, demands or needs of others.



# ENHANCE YOUR SUMMER VIBES BY CHANGING YOUR ENVIRONMENT

Nature makes us feel good and improves our health, too, whether we're taking a nature walk, living in areas with more green space, or just looking at trees.

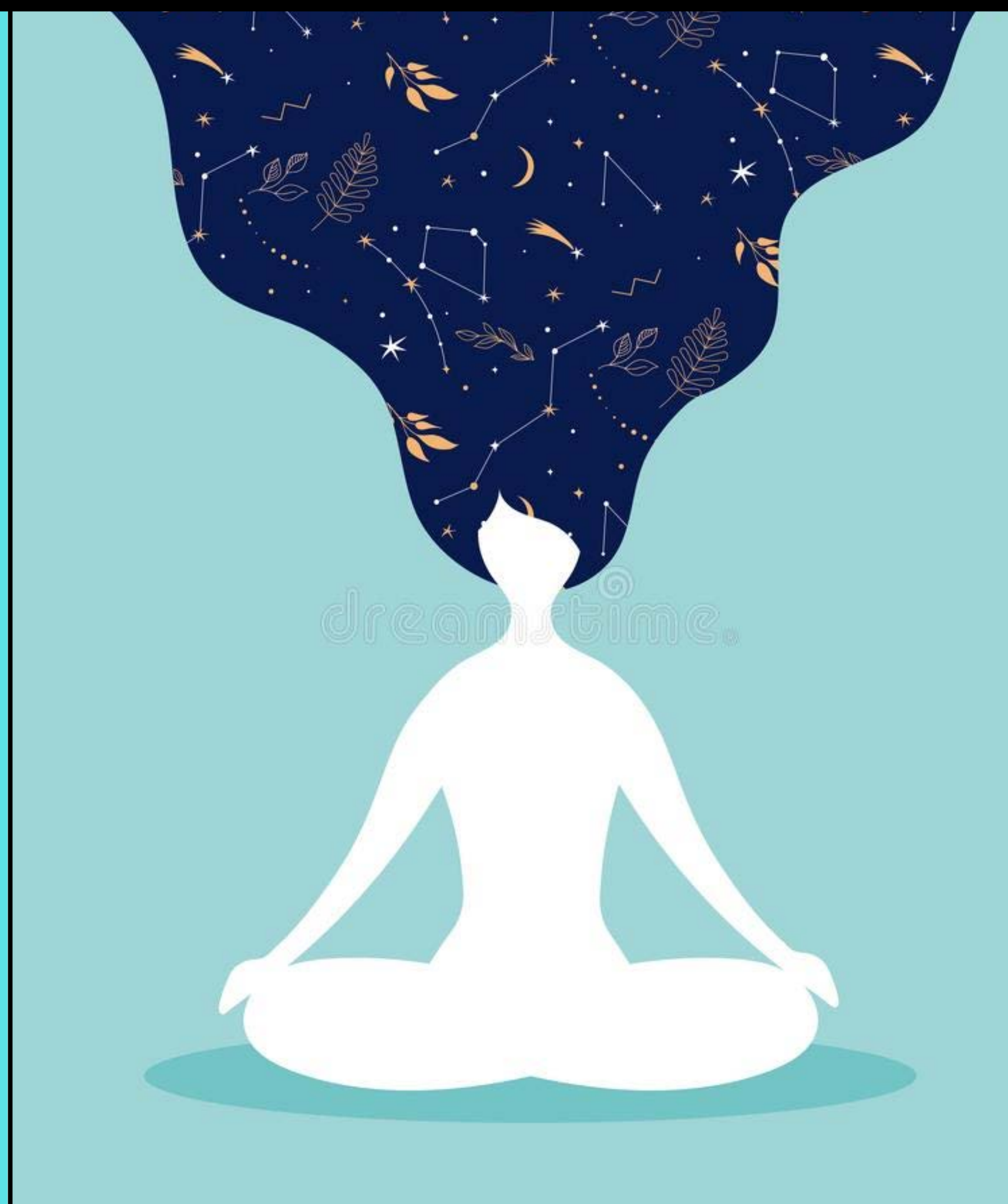
*Draw a picture of any flower or tree or plant as a simple sketch!*

# MINDFUL MEDITATION

Meditation is a practice in which an individual focuses the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Some of the benefits of meditation are:

- It helps you gain a new perspective on stressful situations.
- It builds skills to manage your stress.
- It increases self-awareness.
- It helps you to focus on the present.
- It helps in reducing negative emotions.
- It increases imagination and creativity.
- It increases patience and tolerance.



# DANCE YOUR HEART OUT

Dancing is the ultimate feel-good exercise which caters to both physical and mental health. Moving to your favourite tunes greatly enhances your sense of wellbeing, uplifts your mood, and boosts confidence. It's a liberating way to release your feelings, and there's really no right or wrong way to do it!

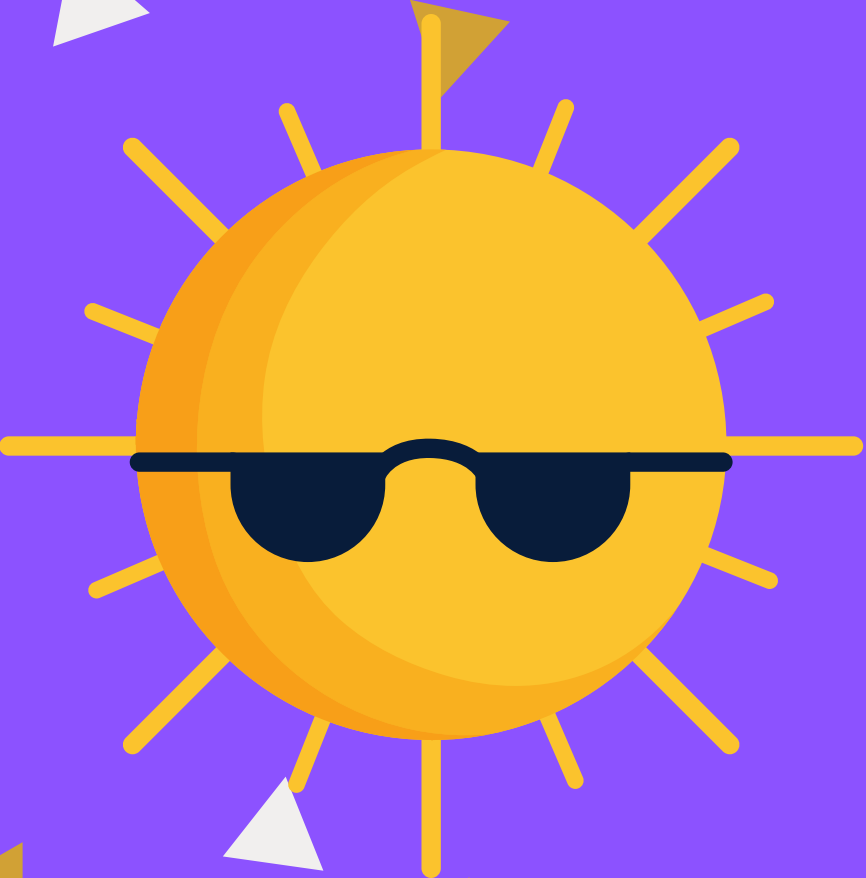
Some other benefits of dancing are:

- It increases muscular strength,
- It increases your endurance and motor fitness.
- It increases aerobic fitness.
- It helps in maintaining strong bones
- It reduces risk of osteoporosis.

Dance can be done indoors with your friends and family as well as outdoors.



**WEEK 3**



# BOOST YOUR MIND POWER




 GET SOME SUNLIGHT

 SOLVE A PUZZLE OR OTHER  
BRAIN TRAINING GAMES

 EXERCISE YOUR MUSCLES AND  
STRENGTHEN YOUR BRAIN

 TRY WRITING WITH THE NON-  
DOMINANT HAND.

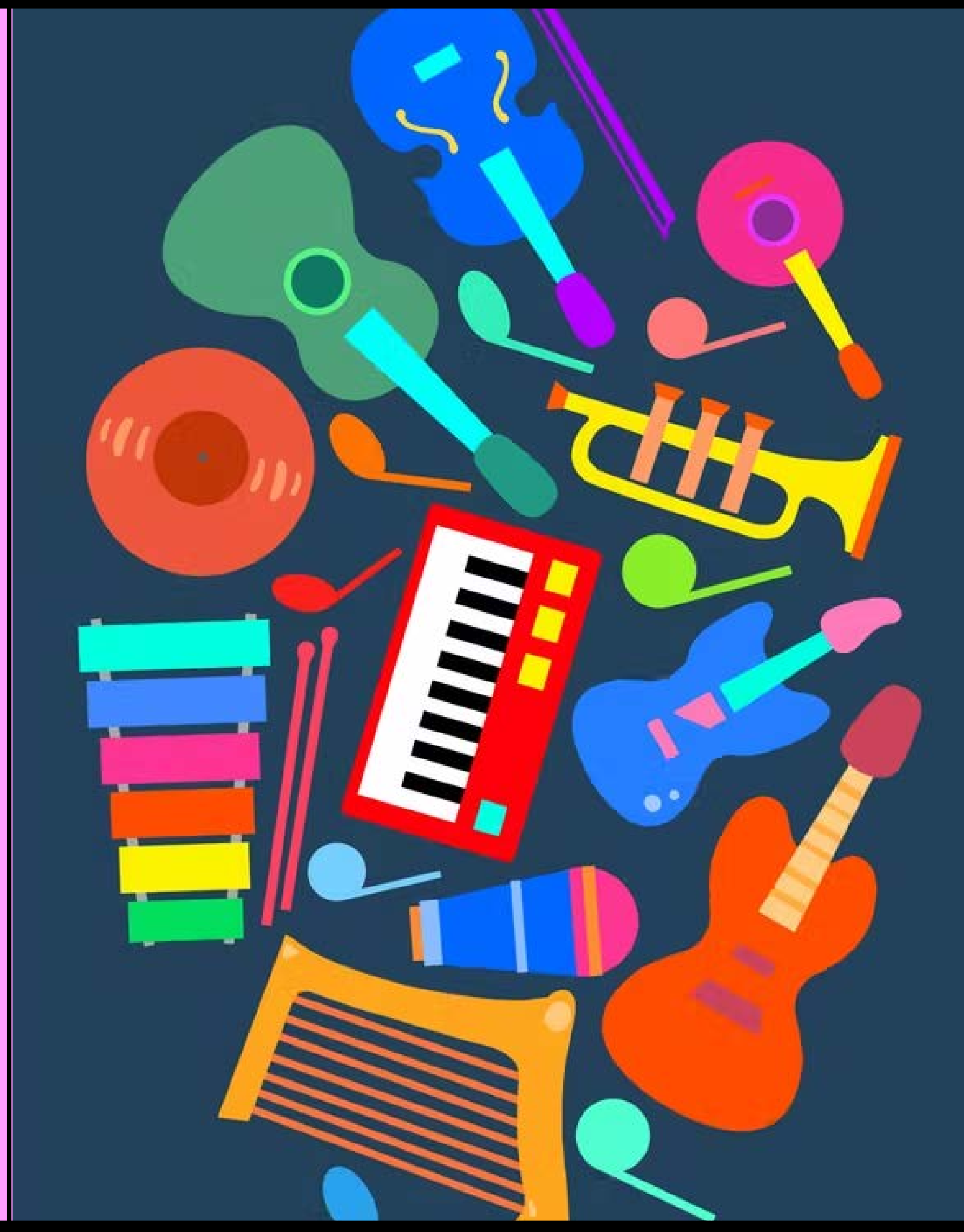
 ENJOY DRAWING FLOWERS,  
ANIMALS AND SHAPES TO  
CHANNEL YOUR CREATIVITY!



# LEARN A NEW MUSICAL INSTRUMENT

This summer, gain a new skill and learn a new musical instrument - music is a great asset for wellbeing, and is a great activity for you to take up during the summer vacation. Several studies have proven that learning how to play an instrument sharpens concentration and boosts memory, teaches discipline and perseverance, as well as relieves stress and offers a great medium for self-expression.

There are so many different kinds of musical instruments, so find the right one for you! It takes a lot of dedication and willpower to keep practicing, but just think of the end results to motivate yourself and keep yourself going!





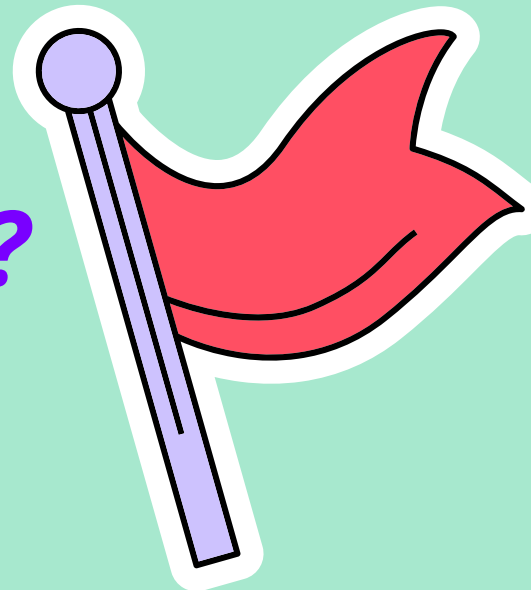
# MAKE TIME FOR REFLECTION

*Practicing self reflection allows you to sit alone with yourself, which is required for your growth.*

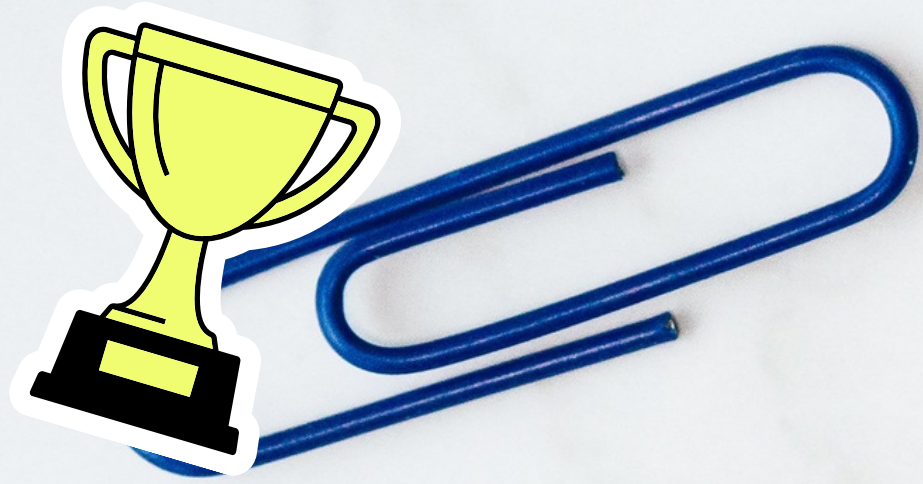
*It's a good way to see just how much you have accomplished or what you need to work on.*



*Identify questions such as :*  
*What habits did I achieve this week?*  
*What could I better improve on?*  
*How did I feel overall today?*



*What your energy levels are, your health status, your passions, everything...*



**CREATE A**

**D I Y**

**PROJECT**



"Do It Yourself" can help to save the planet through recycling and up-cycling. Creating and making things yourself also gives you a sense of pride and defines your personal style - it allows you to stand out from the crowd and makes you special.

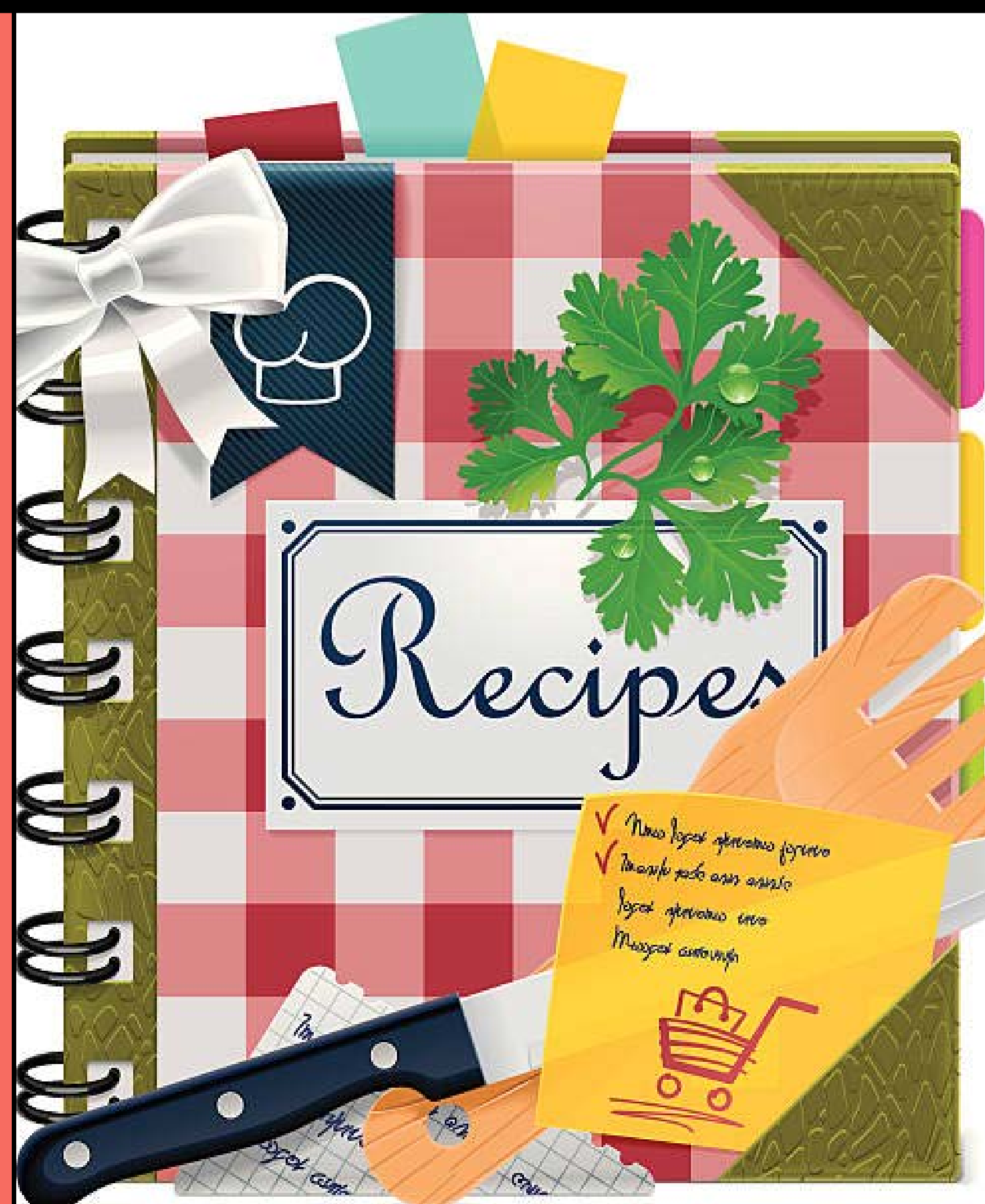


# SHARE A RECIPE

Cooking and bonding over food are such integral parts of human society. A good meal can bring people together, evoke positive memories and feelings, and is a universal thing that anyone can understand, a way to bridge cultural gaps.

Every culture and every family have their own recipes, something unique to them, with its own trademark qualities, each one wildly different from the next - and that indeed is the beauty of cooking.

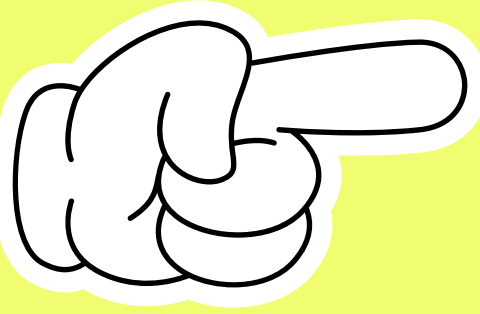
Why not have a fun cooking session with your family where you cook something special? Share photographs and the recipe with us, so we can celebrate all your wonderful recipes and the melting pot of cultural diversity that is the WIN Family!



**WEEK 4**



# **INCREASE YOUR WELLBEING WITH YOGA AND WORKOUTS**



**Yoga can give you an energy boost! It gets your blood pumping, which translates to increased energy. Many yoga techniques also have an emphasis on breathing. As your body learns to breathe deeper, the oxygen influx will give you a boost of energy. That's the physical aspect of increased energy.**

**YOGA FEELS GOOD!**



# Find New Music

Music is an eternal language that combines us all and listening to music is emotionally rewarding. Finding new music for your summer jams, relaxation moments or even just to go to sleep, will make us expressive and help us in understanding our feelings and emotions in a better manner. Ask your parents or even talk to your friends about the music they listen to and find new music you enjoy this summer!



# WRITE A DIARY

There are a multitude of advantages that come with maintaining your own diary. They help you organize and clear your thoughts, improve your writing abilities, and set goals for yourself. It's also a way for you to unleash your creativity and find inspiration. Writing your thoughts in your own diary is a great stress-buster, and allows you to self-reflect on yourself and your actions. And of course, it preserves your memories for posterity in a special and personal way, so grab a notebook and a pen and start writing!





# BOOK DONATIONS

Try to donate a variety of textbooks and storybooks in good condition to help others and also to make room for your new collections!



# HAPPINESS ROCKS

Here's a fun arts and crafts project to try at home. Collect some rocks and stones from the outdoors, and paint whatever you want on them - it could be a colourful design, or a motivational message - just express yourself!

On the surface, it's just another craft project to pass the time but when we delve deeper into it, we realize that it effortlessly blends mindfulness and creativity, both important components of art therapy. Furthermore, the mind and body benefit from increased levels of serotonin, a feel-good neurochemical, as well as dopamine, which is often called the brain's reward neurochemical.



# HOLIDAY PROJECTS

HOLIDAY BREAKS HAVE A VERY IMPORTANT ROLE IN GIVING A BALANCE TO THE BODY AND ENSURING A LONG-TERM GOOD MENTAL AND PHYSICAL HEALTH. HOLIDAYS ARE THE BEST TIME TO TAKE STOCK OF YOUR PERSONAL LIFE, YOUR NEEDS AND YOUR DESIRES. ESSENTIALLY, HOLIDAYS SERVE AS ONE OF THE BEST WAYS TO ENSURE GOOD PRODUCTIVITY AT SCHOOL. WE HAVE COME UP WITH SOME CREATIVE PROJECTS THAT WILL ALLOW YOU TO ESCAPE STRESS WHILE ALLOWING YOU TO RETURN MORE PRODUCTIVE.



# HOLIDAY PROJECT - JULY/2022

## START A BOOKLIST

One of the most beneficial activities to your wellbeing is reading - reading boosts your memory, improves your vocabulary, stimulates your imagination, helps you gain new knowledge, and offers you a way to explore exotic new worlds and meet exciting new people, all from your home.

Summer is a great time to catch up on your reading, to revisit old books, and read some new ones as well. This summer, maintain a log of all the books that you read, and set goals for yourself - for example, the number of books you want to read in a month, how many new authors you want to discover, as well as some thoughts about how you liked each book and what you learnt from them. At the end of the month, you can look back on your log with a sense of pride at all the books you've read, and as a result, all the knowledge you have gained!

Make sure to share some pictures with us of your favourite books, as well as some book reviews.

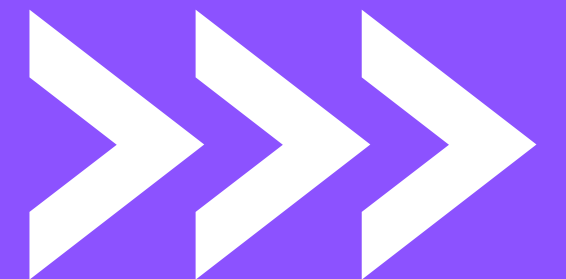


# HOLIDAY PROJECT - AUG/2022



## Smart Food Choices

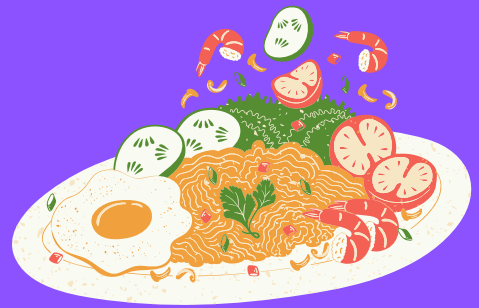
*Eating smart means adopting a healthy diet that includes nutrient-dense foods from all food groups - they include lean protein, healthy fats, whole grains, fruit, and vegetables. A healthy, smart diet should also be one that avoids foods laden with trans fat, extra salt, and sugar.*



# CHOOSE YOUR ACTIVITY



Find out which food you must eat and which ones to avoid, and make a Food Chart with Healthy and Unhealthy food choices



Be Creative and Design your own Healthy Plate



Create a Presentation or Chart on Fun Facts about your favorite Food



**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](mailto:WINWELLBEINGFULCRUM@GMAIL.COM).**

**YOU CAN FIND ALL YOUR CONTRIBUTIONS ON INSTAGRAM [@WIN\\_WELLBEING\\_FULCRUM](https://www.instagram.com/WIN_WELLBEING_FULCRUM)**

***Thank You! :)***

