



# Wellbeing Calendar

November 2021 Edition



**Greetings WIN Family!**

**We proudly welcome you to the WIN Wellbeing Calendar inaugural edition of 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](mailto: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 which 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,  
Mishal Faraz, Year 10, and Saadgee Singh, Year 5  
Student Heads of Wellbeing**







Week 1



# RENEW YOUR COMMITMENT TO FITNESS WITH THE DUBAI 30X30 FITNESS CHALLENGE

Dubai Fitness 30x30 Challenge is an annual celebration of fitness and wellness and helps create a fitness-focused mindset and inspires us all to seek healthy, active lifestyles. Back for its fifth anniversary year, the challenge will run from 29 October to 27 November. So what does the challenge entail? It's quite simple really! All you need to do is to complete 30 minutes of activity each day for 30 days. So whether you are a bona-fide athlete craving a challenge or a beginner looking to start your fitness journey, the Dubai Fitness Challenge is for you! Walk, dance, skate, skip, run, hop – anything that you fancy for 30 minutes everyday!

To know more about the challenge, visit  
<https://www.dubaifitnesschallenge.com/>





# **MAKE YOUR OWN TRAIL MIX**

**Trail mix is a kind of a snack mix which is basically a combination of a lot of different things, like granola, chocolate chips, dry fruits like cranberries, candied pineapple/orange/apples, nuts like almonds or cashews, seeds, shredded coconut, breakfast cereal, MnM's, and absolutely anything else that your taste buds crave. It's just the right kind of snack to take with you when you're going for a run, or maybe when you just have a craving to munch on something. Preparing it is super easy – just get all the ingredients together, mix them up, and store them in an airtight container or a ziplocked bag, and you're good to go! What's more, trail mixes can be as nutritious as you want them to be. So what are you waiting for? Whip up your signature trail mix!**

**PS: Did you know that preparing your own food is the perfect way to unwind? It has a positive effect on your physical, as well as mental health.**





# Week 2





# COLOUR A MANDALA

Mandalas promote well-being for all ages. It is an activity that helps develop hand-eye coordination, trains the mind to recognize shapes, enhances creativity, patience and attention, as well as intelligence and reasoning. Use your imagination to fill the empty spaces with the colors you love. Put on soothing music while doing this activity.

Each color that you use will have a meaning:

**Blue:** creativity, serenity, spirituality.

**Yellow:** happiness, renewal, and communication.

**Red:** vital energy.

**Orange:** enthusiasm and vivacity.

**Green:** tranquility, calmness, balance, centrality.

**Pink:** the warmth to love ourselves and others.

**Purple:** inner awareness.





# **WATCH YOUR HAPPINESS GROW IN YOUR VERY OWN HAPPINESS JAR**

Happiness often seems like something we're trying to find. Truth is, there are flickers of happiness in each day but we forget to register them. Let's be Happiness Seekers and never let another moment of joy fleetingly pass us by. We can actually hardwire happiness in our brains by consciously recording moments which make us happy. And you can do it in the simplest way possible. Recycle an old glass jar from your kitchen, decorate it with ribbons, glitter, stickers or anything else you like. Voila! Your personalized Happiness Jar is ready!

Now all you need to do is to make a note and drop it in the jar whenever you experience a moment of joy. Remember, it's not larger than life, Oscar-winning glories which you are looking for (granted they are your happy moments too) but look for those quiet, seemingly unremarkable bits like a cool breeze on your face, your favorite song on radio and so on – all those momentary gems of life which bring inexplicable comfort but are immediately forgotten. These uncomplicated moments of joy constitute the rich tapestry of your life. This exercise will instill a sense of gratitude in your heart and mind. And last but not the least, on a day when all seems dark and you are looking for a reason to buoy your spirits, reach in your Happiness Jar to revisit those bright and happy moments for a renewed sense of hope and purpose.







# Week 3





# **CELEBRATE THE INTERNATIONAL DAY OF TOLERANCE AT DUBAI'S ICONIC TRIBUTE TO COEXISTENCE**

**The International Day for Tolerance is marked every year on 16 November in order to create awareness about the principles of tolerance. It is a day for respecting the cultures, beliefs, and traditions of others and understanding the risks posed by intolerance.**

**Did you know that His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of UAE and Ruler of Dubai, has named the pedestrian bridge over the Dubai Canal as the Tolerance Bridge?**

**This beautiful suspension bridge which meanders over the lush waters of the Dubai Canal has an air of serenity and calm and is ideal for leisurely strolls. If you live in the area or pass by it, do try to explore this architectural marvel which symbolizes hope, connection and tolerance. We would highly recommend a planned trip. We promise, you will come back refreshed!**





# CELEBRATE YOURSELF!

November 20 is celebrated as World Children's Day each year to promote international togetherness, awareness among children worldwide, and improving children's welfare.

On this date in 1959, the UN General Assembly adopted the Declaration of the Rights of the Child. It is also on this date in 1989 when the UN General Assembly adopted the Convention on the Rights of the Child.

Celebrate yourself on this day and every other day! Stand in front of the mirror and speak out affirmations that you must have said hundreds of times to others but rarely to yourself - "I never give up!", "I did great!", "I'm smart!", "I'm kind", "I am enough". Or why not write these on post-it notes and stick them on your study desk, bed post, or wherever you can see them to remind yourself how awesome you are! Whenever you pass by a mirror, don't forget that the person looking back at you is just one of a kind in the entire world.



Today you are **YOU**,  
that is truer than true.  
There is **NO ONE** alive  
that is **YOUER** than  
**YOU!**

-Dr. Seuss





Week 4





# MAKE YOUR OWN TERRARIUM

A terrarium is a collection of small, decorative plants growing in an enclosed environment. The best part about a DIY terrarium is that you get to create something one-of-a-kind and that gives a feeling of accomplishment and wellbeing.

## How to Make a Terrarium Step-by-Step

**Step 1:** Cover the bottom of your terrarium with a 1 ½ inch-thick layer of small stones or pebbles, which will help with the drainage.

**Step 2:** Add a very thin layer of activated charcoal to keep the water fresh and fight off any bacterial growth in your terrarium.

**Step 3:** Add a layer of potting soil of about 2 ½ inches in depth for your plants to spread their roots in.

**Step 4:** Now it's time to add your plants.

**Step 5:** After all of your plants are arranged in your glass vessel, complete the look with a layer of pebbles.

Once your terrarium is complete, make sure to lightly water the base every two weeks, and keep it in an area that receives a lot of bright, indirect sunlight.

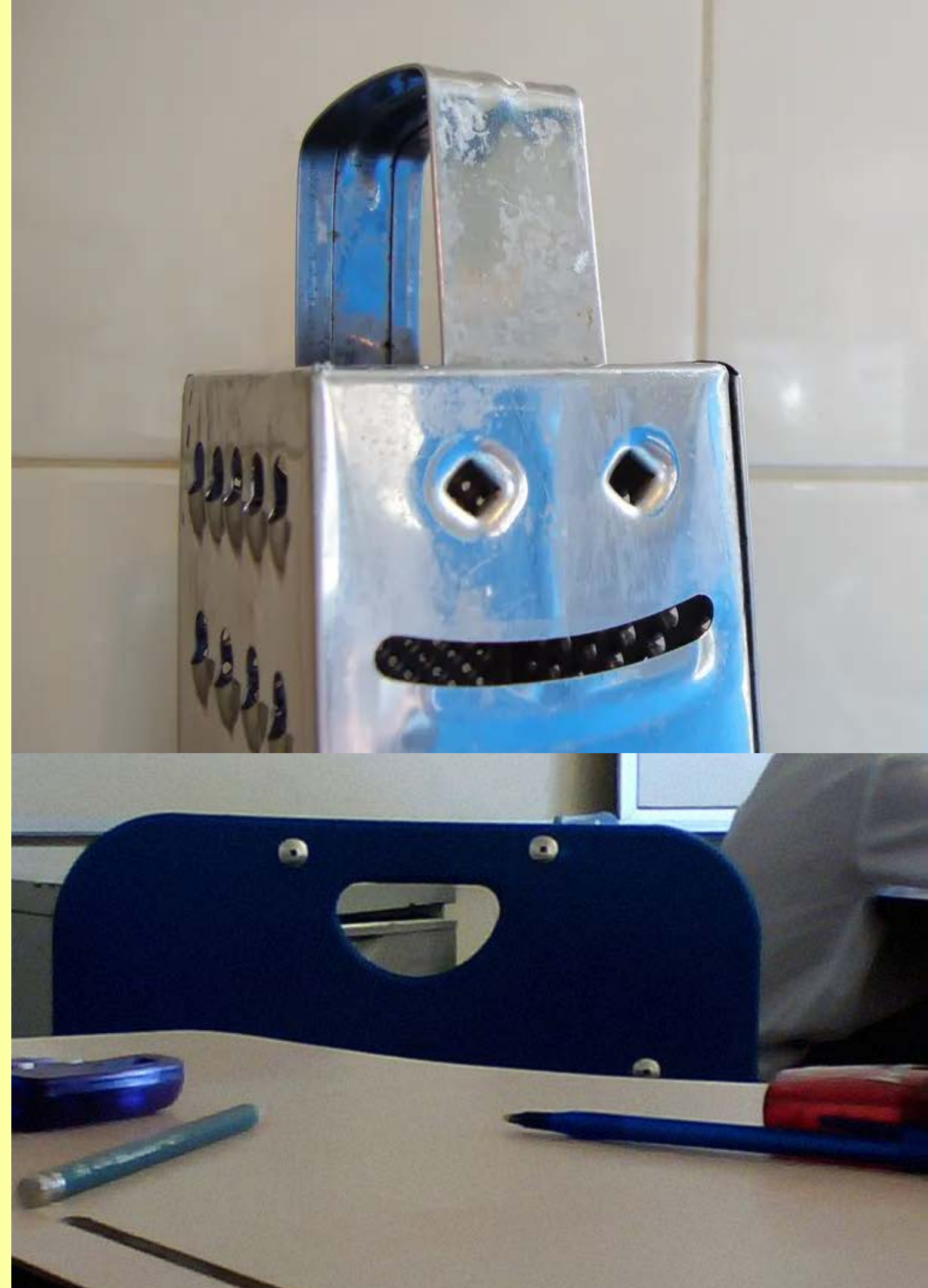




# **SPOT A SMILE**

**Smiles are contagious! When you see someone smiling, you smile with them as well. It's a universal sign of happiness and brings contentment. Everything surrounding us makes us happy if we perceive it in such a manner. So, what is better than finding those smiles around us? Try finding a smile in the objects you see daily. Capture those objects with the help of a camera and make a collage of all those pictures. Put this collage in your room or make it your device's wallpaper. Whenever you see those smiles, you will smile as well.**

**The power of a smile makes the saddest of circumstances a little better. Believe in the power of a smile to enrich the happiest experiences and to create special moments in life.**







# Project of the Month







# MASTERPIECES RECREATED

**Give wings to your imagination and recreate the great artworks by maestros with the help of items you can find at home. This activity is quite simple : choose an artwork, choose a subject (could be anyone or anything – you, your family and friends, pets, household objects) and recreate a semblance of the original artwork (please have a look at some of the examples above).**

**Creativity is a great way to reduce feelings of anxiety and uneasiness. The act of creating and engaging with art is always therapeutic and cathartic and it's fun! Please don't forget to share your pictures with us along with a picture of the artwork that inspired you! We just CANNOT wait to see the masterpieces you'll recreate!**

**More inspiration on the next slide!**









# Recap





## Week 1

- Dubai Fitness Challenge
- Make your own trail mix

## Week 2

- Colour a mandala
- Make a happiness jar

## Week 3

- Visit the Tolerance Bridge
- Celebrate yourself

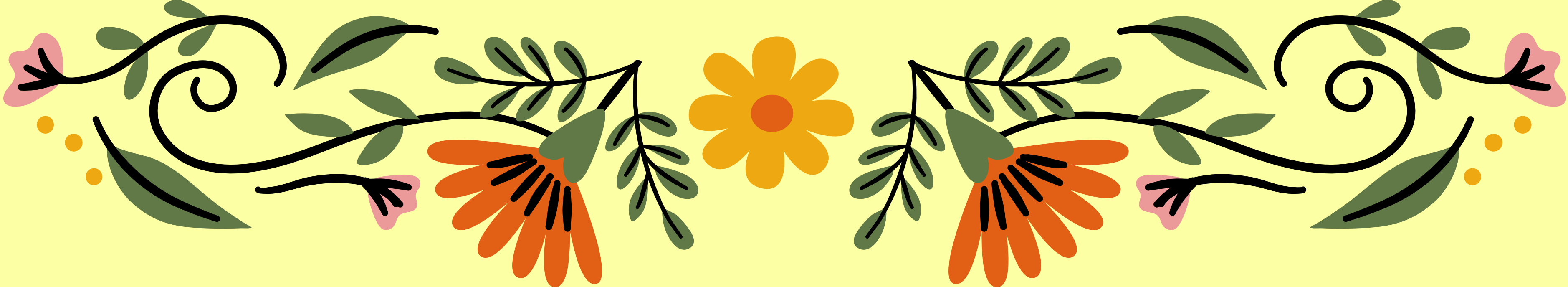
## Week 4

- Make a terrarium
- Spot a smile

# Project of the Month

**Masterpieces Recreated**

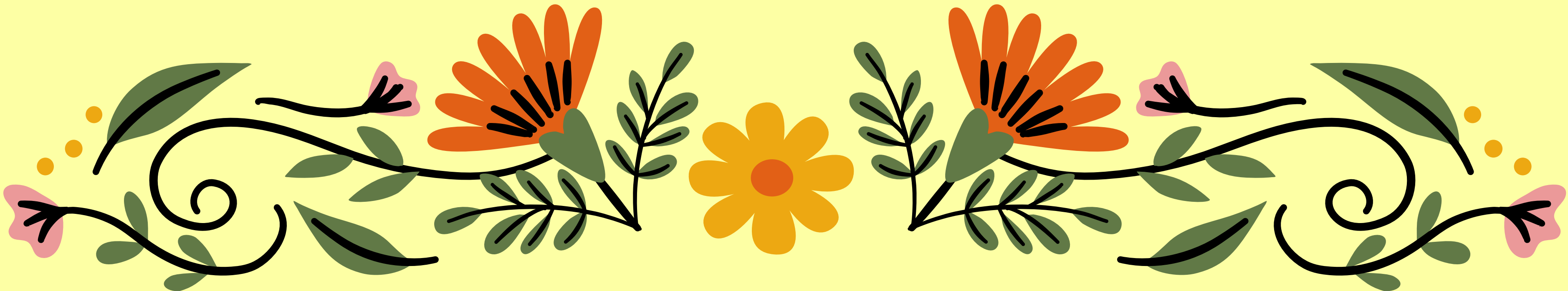




**We can't wait to see all the wonderful contributions from WIN students, parents, and teachers. Choose one activity, choose two, or if you want to, do them all – anything that makes your heart happy and evokes a sense of wellbeing.**

**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!

