



GRYFFE HIGH SCHOOL WELLBEING PROGRAMME

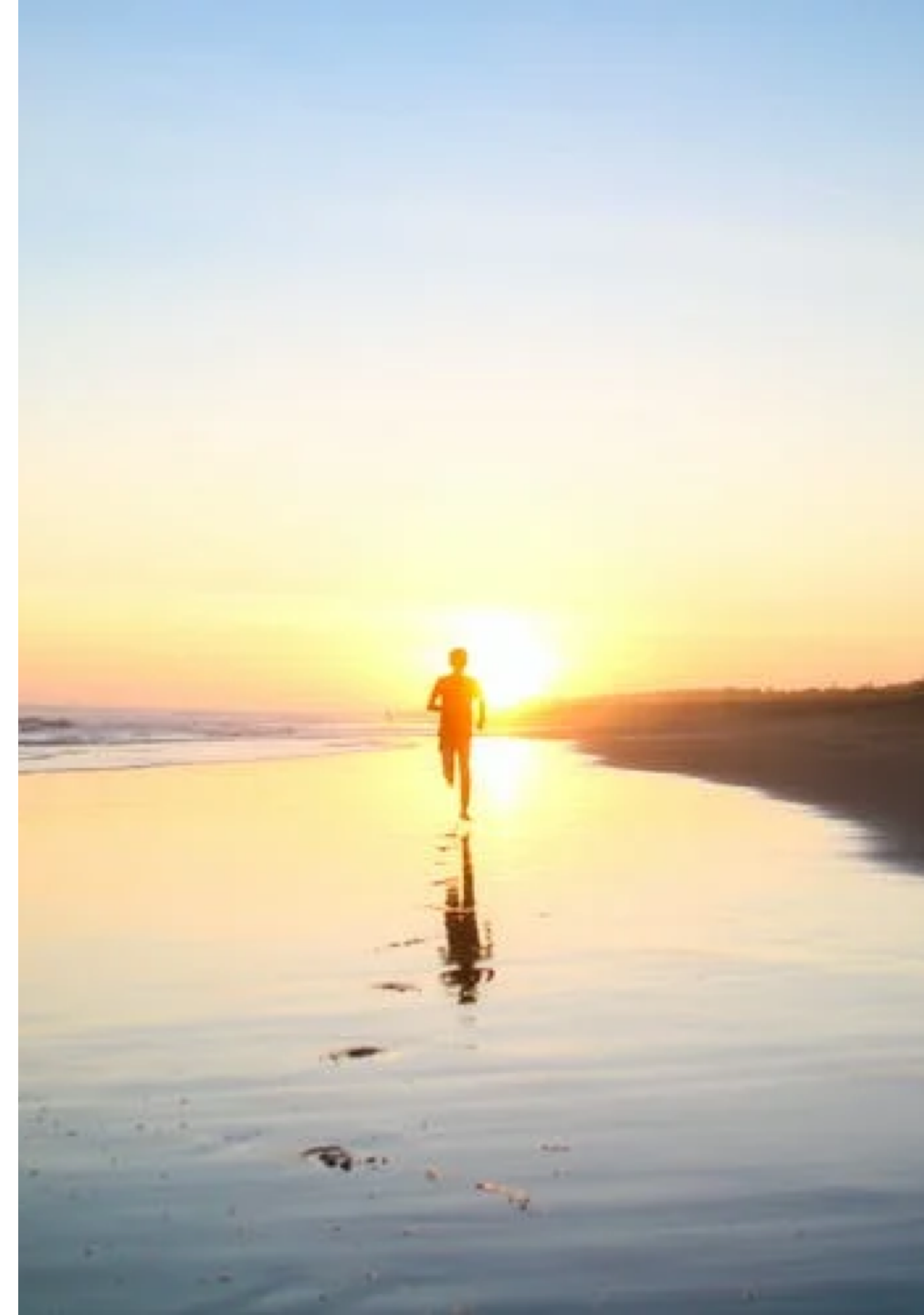


Wellbeing is defined as “the state of being comfortable, healthy, or happy.”

Achieving a positive state of wellbeing requires a CARING approach towards ourselves, and towards others. Positive wellbeing supports our LEARNING opportunities and helps us work towards ACHIEVING our potential.

INTRODUCTION

The importance of our own wellbeing, and that of those around us, cannot be overstated at any time in our lives. The ongoing strange and challenging times we experience only make it even more important for us to look after our own wellbeing and consider how we can support others with their wellbeing also.



SCHOOL CLOSURE - JANUARY 2021

- Wellbeing is timetabled for all pupils from **2:55pm-3:40pm** on **Mondays, Tuesdays and Thursdays** in the revised timetable starting from Monday 11th January.
- During this allocated time, you are to complete tasks which support your own wellbeing and could also encourage others in your household to participate alongside you. Within this booklet are different options for you to decide on for your wellbeing tasks and these are split into **Emotional, Physical and Social** wellbeing. These tasks have been purposely kept very simple to avoid overcomplicating the process





TASKS:



Choose a different task each day and complete – IT'S THAT SIMPLE!!!

Each week, new tasks will be created and sent out on a Monday at midday on SMHW. You'll be able to repeat tasks every week should you wish or experience new tasks as the weeks progress.

Wellbeing doesn't stop at the end of the school day! Set a target of using your three Wellbeing slots on timetable as a minimum for prioritising your wellbeing throughout the weeks, however you could be allocating more time to this, and possibly even more than three of these tasks, in the evening and at weekends!

Task slides will
have this badge



**TASK
HERE!**

EMOTIONAL WELLBEING

WHAT IS EMOTIONAL HEALTH?

What is Emotional health?

- Emotional – or mental – health is linked to personal **wellbeing** – feeling positive about yourself. Being emotionally healthy includes:
- having self-esteem and self-respect
- being able to recognise and express feelings
- being able to manage emotions to suit the situation
- recognising and managing the factors that affect emotions
- feeling positive about life (which includes feeling useful and being optimistic about the future)

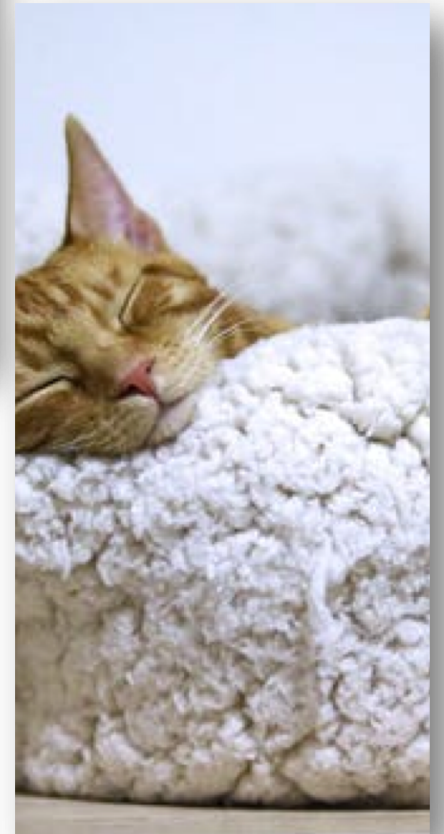
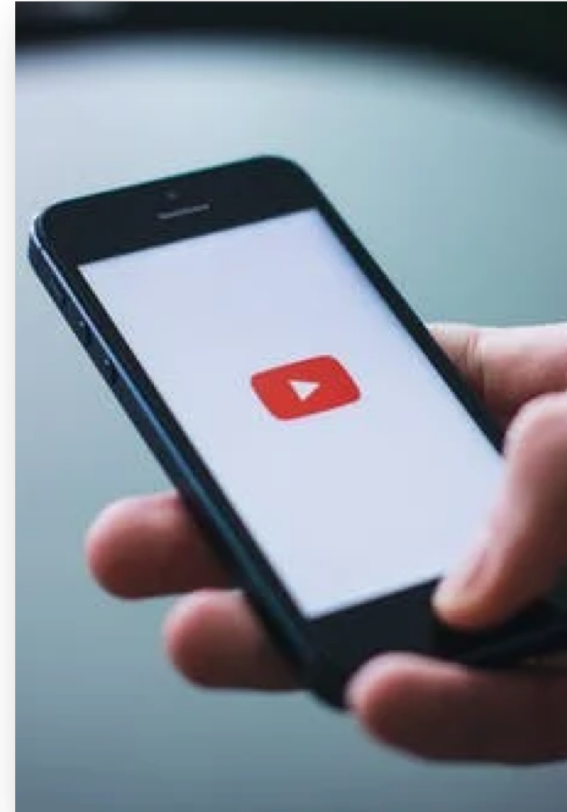


EMOTIONAL WELLBEING TASK

1:

- Knowing what steps we can take to support our mental wellbeing can help us feel better, sleep better and have better relationships with the people around us – and that goes not just for today but for the future too. Access the following link to read about tips for many different aspects of your life, from sleep to exercise:
- <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

Choose one of the self-care videos that you find interesting and relevant and plan how you can make changes and improvements to that aspect of your day-to-day life.



EMOTIONAL WELLBEING TASK 2:

- Believe it or not, our minds like organisation and routine. It can be tempting during lockdown to lie in and adopt a less structured approach to your day. This can lead to you becoming overwhelmed very quickly.
- Use the wellbeing time to organise yourself in advance and plan your week carefully:
- What lessons have you got each day? Complete a plan for the week.
- Have you got all of your resources and materials to hand?
- Have you set up a comfortable place to work with access to water and healthy snacks?
- Can you access SMHW, Teams and Glow? Do you need any passwords reset?
- Is your SMHW organised, with completed tasks ticked off each day to make tracking easier?



EMOTIONAL WELLBEING

TASK 3:

- During this period of time when we are learning at home again, we are having to be online and interact remotely a lot more. Whilst this has many positives and lets us keep going with our learning, staying in touch with loved ones through social media, there can also be negatives and it is important that we keep ourselves safe when online. This in turn helps with our own mental health.
- Link to the following page and choose at least one of the Family Activity Sheet areas to read about and learn how you can keep yourself safe when working online:
- [Online Safety](#)
- Ideally, you will go through this with an adult at home too, looking at all sections for your chosen Activity Sheet. However, you should, as a minimum, go through the Online Safety Action section, looking at the linked information and watching any relevant information videos. Keeping safe online helps us to feel better mentally too!



Types of Self-Care

Physical



Sleep
Stretching
Walking
Exercise
Nutrition
Yoga

Emotional



Stress Management
Coping Skills
Compassion
Therapy
Journaling

Social



Boundaries
Support System
Positive
Social Media
Communication
Friends

Spiritual



Time Alone
Meditation
Prayer
Nature
Sacred Space

Personal



Hobbies
Creativity
Goals
Identity
Authenticity

Space



Safety
Healthy
Environment
Stability
Clean Space

Financial



Saving
Budgeting
Money
Management
Paying Bills
Boundaries

Work



Time Management
Work
Boundaries
Breaks

BlessingManifesting

EMOTIONAL WELLBEING CONTINUED...

- It is important to incorporate activities into our everyday life that help support your mental health and wellbeing. Looking after yourself – sometimes referred to as self-care – is important to sustain good mental health

1

MANAGE STRESS

Strain can be terrible in your mental and body fitness. Know better ways to manage and reduce stress in your everyday life.

2

INCREASE PRODUCTIVITY

Find out effective strategies for increasing your productivity at work.

3

PHYSICAL WELL-BEING

Physical Well being taking care of your body is a powerful first step towards mental and emotional health

4

REDISCOVER YOURSELF

Finding yourself may sound like an inherently self-centered goal

5

INCREASE YOUR SELF-WORTH

Learn most of the effective ways for improve your self-esteem

6

GIVE YOURSELF A REASON

Having a reason to wake up tomorrow means you have a purpose in life

7

PERSONAL SELF-CARE

Personal self-care is like personal journey and each day life is changing

BENEFITS OF SELF - CARE

There are many benefits of self-care...

TASK
HERE!

EMOTIONAL WELLBEING TASK 4:

- TASK: Plan out your week adding a self-care activity into every day. This could be going for a walk or taking a relaxing bath. Try to add a variety of tasks and try to add at least two activities that you haven't attempted before. Mindful colouring? Dancing? Baking? Be creative!
- Make a note of which activities help you to relax and improve your mood.

PHYSICAL WELLBEING

WHAT IS PHYSICAL HEALTH?

- Good physical health is linked to **fitness** – being able to perform effectively the physical tasks involved in life as well as sport. Being physically healthy includes:
- enjoying being physically active
- having good balance, coordination and agility in everyday tasks as well as sport
- having the strength, stamina and suppleness required for daily life, work and play
- having fewer illnesses, diseases and injuries



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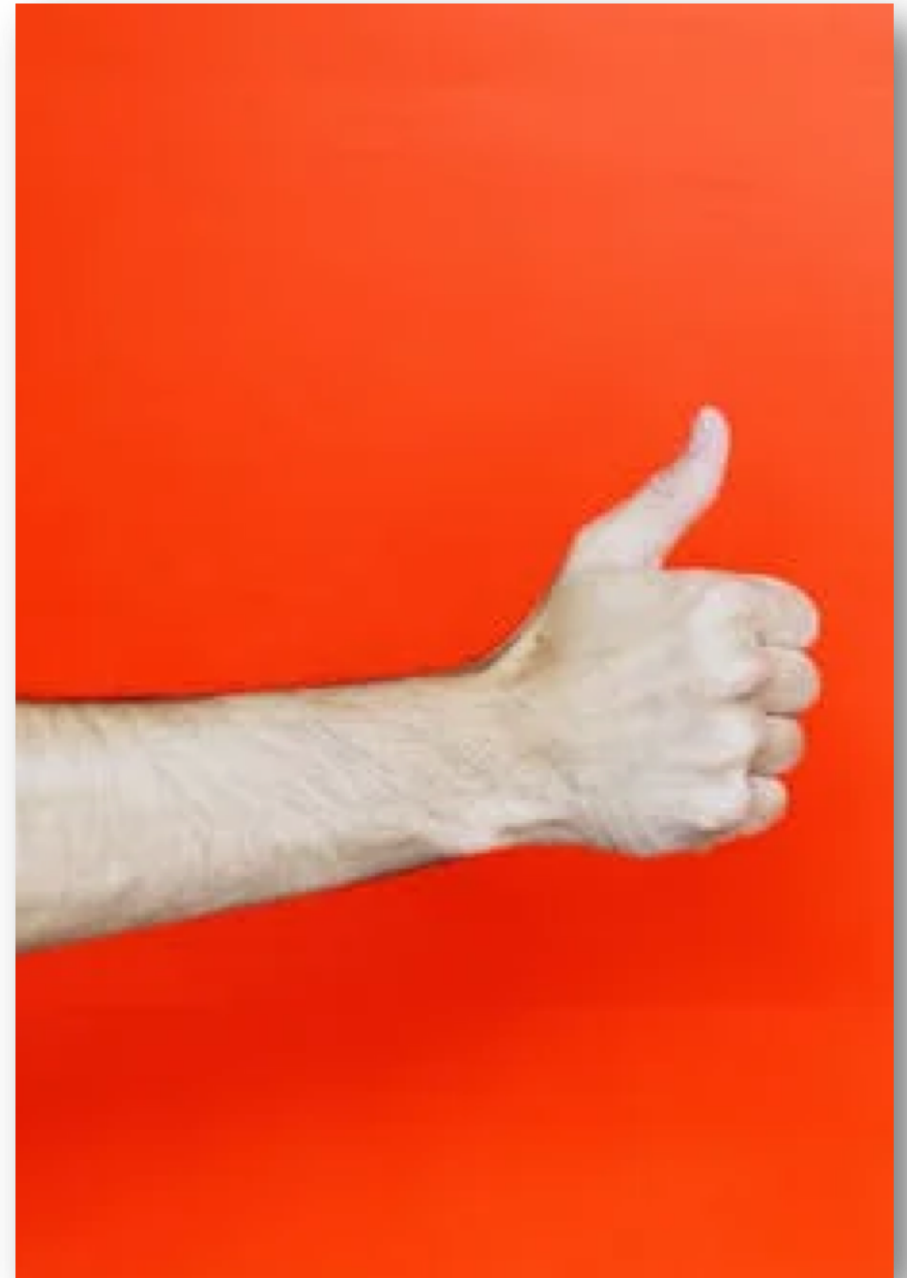


PHYSICAL WELLBEING TASK 1:

- Let's get some steps in! **Go for a walk – simple!** You may have a personal device that already tracks your step count or distance you've walked. Strava is a free app you could download which would track your walk for you. This would allow you to do this task more than once and try to increase your distance!

PHYSICAL WELLBEING TASK 2:

- Let's work up a sweat! **Go for a run!** When you **exercise**, your body **releases** chemicals called **endorphins**. These **endorphins** interact with the receptors in your brain that reduce your perception of pain. **Endorphins** also trigger a positive feeling in the body. Get out running and go get that positive feeling! Again, why not use Strava to track your run!?



TASK
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PHYSICAL WELLBEING TASK 3:

- Join the nation's 10th favourite PE teacher - The Body Coach, Joe Wicks!!! He inspired so many people across the UK during 2020 and supported with their physical wellbeing with at home workouts which can be accessed on his You Tube channel - The Body Coach TV.
- Whilst doing this he attempted to become the 'nation's favourite PE teacher' but had to settle for a place in the top 10 of course! Sign onto You Tube and pick a session with the Body Coach. There's a variety of different sessions with different difficulties and durations so something for everyone!

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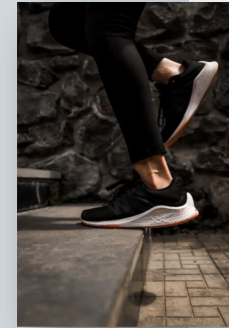
PHYSICAL WELLBEING TASK 4:

- Cha Cha Challenge time
... How many times can
you complete the cha cha
slide plank challenge -
[https://www.youtube.co
m/watch?v=x_YFkVSp34s](https://www.youtube.com/watch?v=x_YFkVSp34s)
– take breaks between
each attempt!!!

PHYSICAL WELLBEING

TASK 5:

- Stair climb challenge!!!
- A flight of stairs will normally have approximately 15 steps. Find a safe flight of stairs to use either at home or in the community. For the targets you choose, if your flight of stairs isn't 15 steps then adjust accordingly – you could use only 15 steps if your steps have more than this or go up and down certain steps if your stairs have less than this number.
- Set a target of climbing one of the virtual buildings or landmarks included in the table . . . it will take you multiple sessions this week to reach any of the virtual landmarks!!!

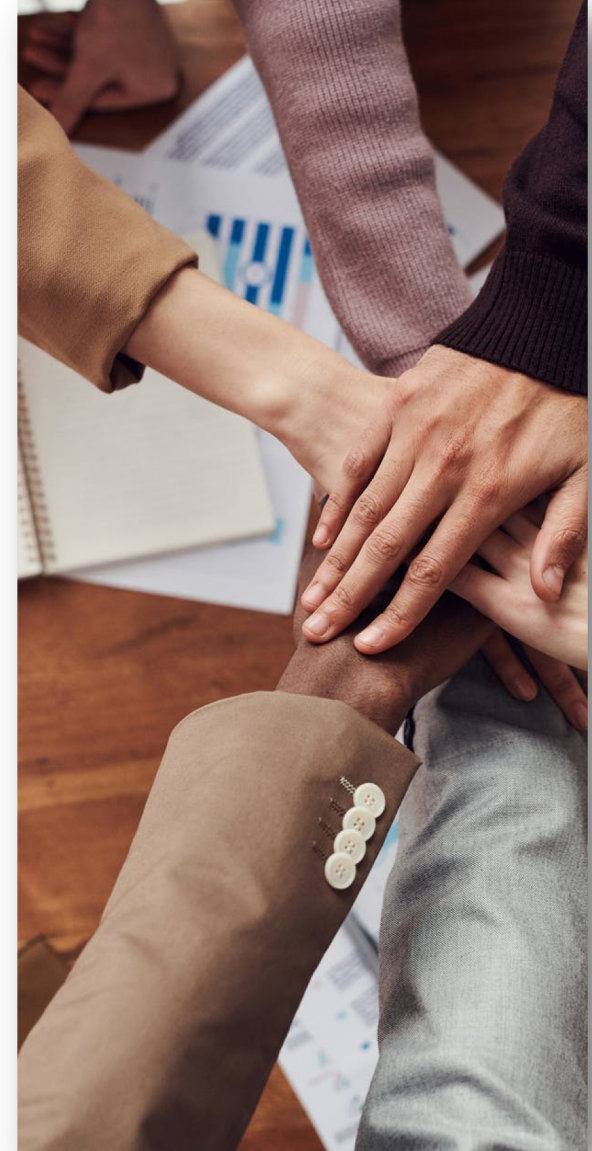


<u>Virtual Building</u>	<u>No. of flights</u>	<u>Virtual Landmark</u>	<u>No. of flights</u>
Millennium Dome, London	21	Ben Nevis, Scotland	587
Forth Rail Bridge, Scotland	45	Mount Kilimanjaro, Tanzania	2578
Seattle Space Needle, USA	78	Mount Everest, Nepal	3871
CN Tower, Toronto, Canada	233		

SOCIAL WELLBEING

WHAT IS SOCIAL HEALTH?

- Social health contributes to wellbeing – feeling positive about interactions with other people and the wider world. Being socially healthy includes:
- being able to interact with a range of people and having a sense of belonging
- having respect, empathy and tolerance for other people
- being able to manage emotions to suit the situation
- recognising and managing the effects of actions on others
- being aware of rights and responsibilities



TASK
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SOCIAL WELLBEING TASK 1:



- **Be friendly.** It's pretty simple, to make friends you need to be a friend.
- **Spend the next 40 minutes phoning a friend.** Maybe phone a friend that you have not spoken to in a while. Connection with others is vital to enhance our social health.

- SOCIAL WELLBEING TASK 2:
- **Step outside of your comfort zone.** When we step out of the zone of what makes us comfortable, we grow as a person and build self-confidence and esteem. **Spend the next 40 minutes organising something that you have wanted to for ages**, but you have put it off due to worry/lack of belief etc.
- Examples could be to sign up for that online group you think sounds fun or start jogging like you have been wanting to! Do something that takes you out of that boring old comfort zone!

DOUBT

TASK
HERE!



SOCIAL WELLBEING TASK 3:

- **Put the phone away.** Don't live your life through social media; real connection happens face-to-face. **Spend the next 40 minutes away from your phone.** Switch it off and put it away, out of your line of sight. Maybe use this time to read a book or relax watching the telly.



TASK
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SOCIAL WELLBEING TASK

4:

- If you have the equipment, baking or cooking can be a relaxing activity – especially when sharing the time with someone else!
- Spending some time making a nutritious meal or sweet treat from scratch is a satisfying and rewarding experience. Lots of people report that it allows their mind to switch off as they become absorbed in the task of preparing food, almost like a mindfulness exercise.
- Your task is to spend the time either baking, cooking or looking at websites to find easy to follow recipes that you could bake/cook at the weekend. Gryffe HFT is on Instagram at ***gryffehwb*** & have plenty of tasty recipes and fun ideas. BBC Bitesize also have lots of recipes, find them at: <https://www.bbc.co.uk/bitesize/articles/zvckjp3>

SOCIAL WELLBEING CONTINUED...

- **Work On Your Communication Skills**
- A large part of making and keeping friends is communication. Some people feel their poor communication skills make it difficult to socialise and build a relationship with new people. Sometimes it's just a lack of confidence or practice.
- **Tips for Good Communication Skills**
- Maintain good eye contact when someone is talking to you
- Be a good listener and give the other person plenty of time to talk
- Don't feel you need to talk straight away, think about your response
- Watch your body language - unfold your arms, nod your head, vary facial expressions to look interested



**TASK
HERE!**

SOCIAL WELLBEING TASK 5:

- Weekly Task
- Your task this week is to practise your communication skills. This can be done whether you are having conversations online or in person. Spend your wellbeing period communicating with someone and be aware if you are showing good communication skills.
 - Are you listening more than talking?
 - Are you wanting to speak over the other person before they have finished their point?
 - Are you maintaining eye contact without providing a stare-out competition!
 - Is your body language relaxed?
 - **Keep on Working on Your Social Wellness**



It doesn't matter what age you are, or how many friendships or family members we have, we should never take relationships for granted. Value the friendships you have and keep developing new ones. Your social health impacts on your physical and mental health, with your quality of life will reflect this.