



5 Steps to Health and Well-being

Give to others

Be mindful

Keep learning

Connect with others

Be active



For some ideas on how to implement these 5 steps into your everyday life click [HERE](#) to be linked to a [Padlet](#)

Evidence suggests that there are 5 steps that we can all take to improve our wellbeing.

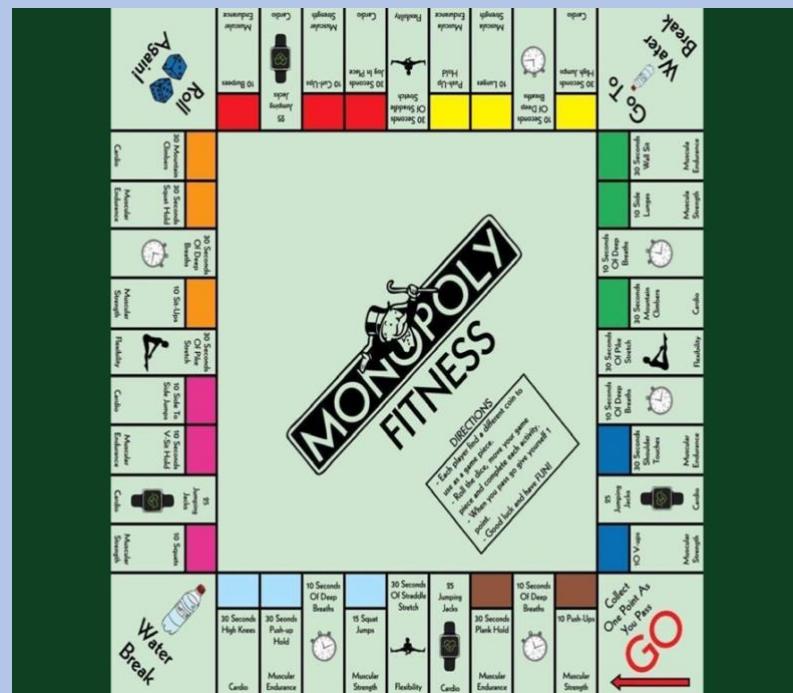
COUCH TO 5K

TYPEONERUN.ORG/SK

TYPE
ONE
RUN

A PROGRAM OF BEYOND TYPE

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	strength workout lower body	walk 20 min	rest & stretch	run 5 min easy	strength workout upper body	walk 5 min run 10 min (alternately 1 min run & 1 min walk), walk 5 min	rest & stretch
2	strength workout lower body	walk 20 min	rest & stretch	run 5 min slow 5 min moderate 5 min quick	strength workout upper body	walk 5 min run 20 min (alternately 2 min run & 1 min walk), walk 5 min	cross train bike or hike
3	strength workout lower body	walk 20 min	rest & stretch	run 20 min (increase effort every 5 min)	strength workout upper body	walk 5 min run 20 min (alternately 2 min run & 1 min walk), walk 5 min	cross train bike or hike
4	strength workout upper body	walk 20 min	rest & stretch	walk 5 min run 20 min (alternately 1 min run & 1 min walk), walk 5 min	strength workout lower body	walk 5 min run 20 min (alternately 2 min run & 1 min walk), walk 5 min	cross train bike or hike
5	strength workout upper body	walk 20 min	rest & stretch	run 20 min (increase effort every 5 min)	strength workout lower body	walk 5 min run 20 min (alternately 1 min run & 1 min walk), walk 5 min	cross train bike or hike
6	strength workout upper body	0.5 mi moderate 0.5 mi walk	rest & stretch	walk 5 min run 20 min (alternately 1 min run & 1 min walk), walk 5 min	strength workout lower body	RACE DAY	rest & stretch



DG MilesforSmiles

<https://www.actify.org.uk/module/1330>

Be Active

SPELL YOUR NAME AND DO THE WORKOUT!

Created By: popculture

RACE DAY

WORKOUT EXERCISES:

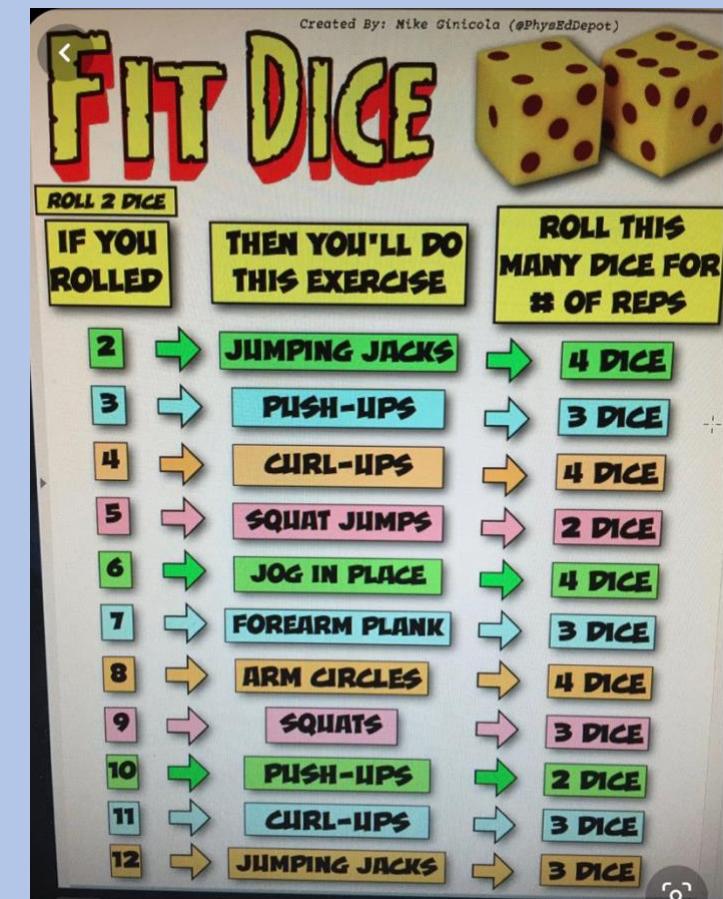
- A: 15 PUSHUPS
- B: 50 JUMPING JACKS
- C: 20 CRUNCHES
- D: 10 BURPEES
- E: 60-SECOND WALL SIT
- F: 20 ARM CIRCLES
- G: 20 SQUATS
- H: 30 JUMPING JACKS
- I: 60-SECOND PLANK
- J: 20 MOUNTAIN CLIMBERS
- K: 40 CRUNCHES
- L: 12 BURPEES
- M: 15 JUMP SQUATS
- N: 10 PUSHUPS
- O: 20 LUNGES (TOTAL)
- P: 10 TRICEP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

Join a "Strava" group/challenge to keep connected and physically active. [Click here to join the WHA PE school Strava group](#)



Spend time in the natural world

"You should sit in nature for 20 minutes a day. Unless you're busy, then you should sit for an hour."
(Zen Proverb)



Practice some
Yoga

<https://www.youtube.com/watch?v=ZiQh8jA5tVM>



Mind Full, or Mindful?

Be Mindful

Self-Care Monthly Calendar

- | | | | | | | |
|---|--|--|---|--|--|---|
| 1
Have an early night and wake up feeling refreshed! | 2
Make yourself a luxury hot chocolate and relax! | 3
Go for a walk and enjoy the beauty of nature. | 4
Call a friend that you haven't spoken to for a while. | 5
Sit back, relax and read your favourite book. | 6
Put on some fluffy PJs and watch your favourite film. | 7
Fill a bird feeder and place it near a window. |
| 8
Relax in a hot bath filled with your favourite products. | 9
Do some exercise – even if it is just running up and down the stairs! | 10
Invite some good friends around to play your favourite board game. | 11
Spend an hour doing something creative like painting, sewing or craft. | 12
Buy a gift for yourself. | 13
Book yourself a weekend away for next year – something to look forward to! | 14
Write down three things that make you happy and stick them on the wall. |
| 15
Light a scented candle or an essential oil burner. | 16
Watch your favourite comedian – someone that makes you laugh out loud! | 17
Arrange to meet up with an old friend next month. | 18
Write down your greatest achievement from the past month. Stick it on the wall. | 19
Cook a delicious meal from scratch using your favourite ingredients. | 20
Declutter your bedroom. It should be a place to relax and unwind! | 21
Turn off your phone, computer and any other electronic gadgets for an hour or so. |
| 22
Hide all your work in a cupboard and forget about it for a while. | 23
Dance around the room listening to your favourite song. | 24
Spend quality time with your loved ones. | 25
Read some of your book. | 26
Watch the sunset or sunrise. | 27
Spend some time gardening either outside or by planting indoor plants. | 28
Drink a glass of water when you wake up. |
| 29
Start the day by stretching your body. | 30
Try and move more today and sit less. | 31
Do some yoga. |  visit twinkl.com | | | |



7 DAYS OF KINDNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS						
BEING KIND TO MYSELF						
REMIND A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER	HELP TIDY UP	TELL SOMEONE A JOKE	BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/ SISTER/ CLASSMATE	GIVE 3 COMPLIMENTS TODAY	MAKE A CARD OR GIFT FOR SOMEONE	ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY
WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!) ★★★	LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY	TRY OUT A MINDFULNESS ACTIVITY (TRY ONE OF OURS!)	GIVE YOURSELF 3 COMPLIMENTS	EAT SOME OF YOUR FAVOURITE FOOD	SPEND SOME TIME ON YOUR FAVOURITE HOBBY	PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY

NAME:

DATE:

7 DAYS OF KINDNESS

MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS						
BEING KIND TO MYSELF						

30 DAY MENTAL HEALTH CHALLENGE

DAY 1	Do a deep breathing exercise.	DAY 2	Catch up with a friend.	DAY 3	Schedule something fun.	DAY 4	Donate something you never use.	DAY 5	Do 30 minutes of yoga.
DAY 6	Plan a healthy meal.	DAY 7	Ask for help.	DAY 8	Listen to your favorite music.	DAY 9	Take 10 minutes to read.	DAY 10	Go for a walk.
DAY 11	Budget 20 minutes of spa time.	DAY 12	Practice a favorite hobby.	DAY 13	Get distracted by a movie.	DAY 14	Go to bed 30 minutes earlier.	DAY 15	Drink just water today.
DAY 16	Schedule a game night.	DAY 17	Set a mini goal.	DAY 18	Cross an item off your to-do list.	DAY 19	Compliment someone.	DAY 20	Plan a night in with friends.
DAY 21	Try a 5-minute meditation.	DAY 22	FaceTime with family.	DAY 23	Do something outside.	DAY 24	Book a date night.	DAY 25	Unfollow negative social media accounts.
DAY 26	Say no to something.	DAY 27	Have a phone-free night.	DAY 28	Watch a silly video.	DAY 29	Write down something good that happened.	DAY 30	Adopt a new habit.



Keep Learning

Bake/Cook

Why not try out a new recipe and share with your family

<https://www.foodafactoflife.org.uk/recipes/>

Music

Why not try to learn a new musical instrument



Juggle

Why not learn how to juggle

[Click here to learn how](#)



WHA Bake Off

Why not take part in the WHA Bake Off to display some of these new skills.

[Click here to view the Bake Off video](#)

<https://www.janespatisserie.com/recipes/>



Where can I get support?

AREA OF SUPPORT	ORGANISATION	CONTACT DETAILS
Mental Health and Wellbeing		<p>24/7 Confidential Support Call free on 116 123 Email jo@samaritans.org</p> 
Children's Mental Health and Wellbeing		<p>Helpline to speak with a counsellor- 0800 1111 Or you can have a <u>1-2-1 counsellor chat online.</u></p> 
Beat -Eating Disorders		<p>Helpline 0808 801 0677 9am- 8pm Monday- Friday Weekends - 4pm-8pm</p> 
Mental health advice and support		<p>0344 800 0550 info@samh.org.uk Open 9am-6pm, Monday to Friday (except Bank Holidays).</p> 
Self-Harm		<p>penumbra.org.uk Confidential support Available 24/7</p> 
Mental Health and Wellbeing		<p>Text CONNECT to 85258 Available: free, 24 hours a day</p> 

Young Minds



Website: <https://youngminds.org.uk/find-help/looking-after-yourself/>

APPS



Headspace

A meditation app that acts as a personal guide to health and happiness



Mindshift

A free app designed to help teens and young adults cope with anxiety.



MoodGym

An online cognitive behaviour therapy program for depression and anxiety



Calm Harm

An app that helps young people manage the urge to self-harm.



Stop Breathe Think

Check in with how you're feeling, and try short activities tuned to your emotions.



Child and Adolescent Mental Health (CAMHS)

There is also lots of resources at the following website from CAMHS

<https://www.camhs-resources.co.uk/>

