



# WALLACE HALL

*"Together we grow, learn and achieve"*

## 5 steps to wellbeing

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

*Give to others*



*Be mindful*



*Keep learning*

*Choose at least ONE activity from the menu's on the next slides to help look after your wellbeing*

*Connect with others*



*Be active*



# Wallace Hall Be Active Menu

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



**BE ACTIVE**

DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

pc popculture.

## SPELL YOUR NAME

AND DO THE WORKOUT!

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

DG  
MilesforSmiles  
<https://www.ac.tify.org.uk/module/1330>

Created By: Mike Glinicola (@PhysEdDepot)

## FIT DICE

ROLL 2 DICE

IF YOU ROLLED	THEN YOU'LL DO THIS EXERCISE	ROLL THIS MANY DICE FOR # OF REPS
2	JUMPING JACKS	4 DICE
3	PUSH-UPS	3 DICE
4	CURL-UPS	4 DICE
5	SQUAT JUMPS	2 DICE
6	JOG IN PLACE	4 DICE
7	FOREARM PLANK	3 DICE
8	ARM CIRCLES	4 DICE
9	SQUATS	3 DICE
10	PUSH-UPS	2 DICE
11	CURL-UPS	3 DICE
12	JUMPING JACKS	3 DICE

Go for a walk and listen to a podcast/bring the dog

Go for a cycle

Do a HIIT workout

## MONOPOLY FITNESS

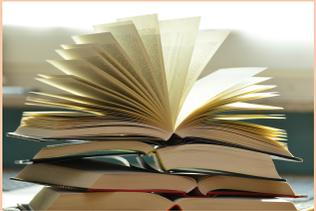
DIRECTIONS: Take different cards in different colors to see as a different exercise. Roll the dice to see how many reps you can do. When you're done, do the activity. Write your name on the board. Good luck and have FUN!

Roll 2 Dice	30 Seconds High Knees	30 Seconds Plank Hold	15 Squat Jumps	30 Seconds Jumping Jacks	30 Seconds Plank Hold	10 Push-Ups
Cardio	Muscular Endurance	Muscular Endurance	Muscular Strength	Flexibility	Cardio	Muscular Endurance
30 Seconds Arm Circles	30 Seconds Side Lunges	30 Seconds Side Lunges	30 Seconds Side Lunges			
Muscular Endurance	Muscular Endurance	Muscular Endurance				
30 Seconds Arm Circles	30 Seconds Side Lunges	30 Seconds Side Lunges	30 Seconds Side Lunges			
Muscular Endurance	Muscular Endurance	Muscular Endurance				
30 Seconds Arm Circles	30 Seconds Side Lunges	30 Seconds Side Lunges	30 Seconds Side Lunges			
Muscular Endurance	Muscular Endurance	Muscular Endurance				
30 Seconds Arm Circles	30 Seconds Side Lunges	30 Seconds Side Lunges	30 Seconds Side Lunges			
Muscular Endurance	Muscular Endurance	Muscular Endurance				

Scan for more ideas

# Wallace Hall Keep Learning Menu

Read a book



## Bake/Cook

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

[Click here for some recipe ideas](#)



## Music

Why not try to learn a new musical instrument



**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](#)

**KEEP LEARNING**

EMBRACE NEW EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF

## Languages

Learn a new language with [click here Duolingo](#)



Learn a new dance on Tik Tok

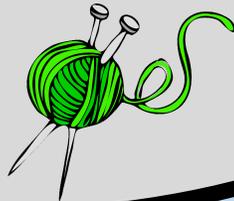


## Juggle

Why not learn how to juggle  
[Click here to learn how with Mr Laverty](#)



Rediscover an old interest (or find a new one) such as drawing, knitting, writing.



Write out a "bucket list" of things you've always wanted to do.



Scan for more ideas



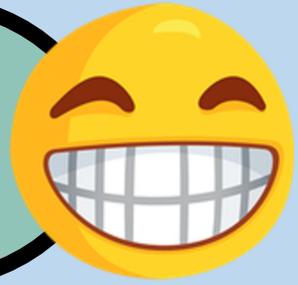
Wallace Hall  
Give to Others  
Menu



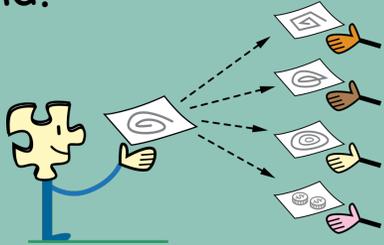
Take part in  
3 Random-Acts  
-of-  
Kindness  
(RAK)



Smile



Do something nice for a family member or friend.



Thank someone who helped you



Make a cup of tea/coffee for someone in your house.



Offer someone a listening ear that may be struggling.

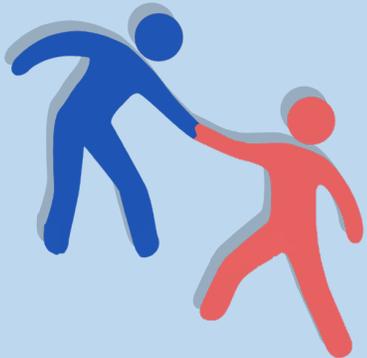


Bake for a neighbour  
Using social distancing guidelines deliver it to them.



Look at what you're good at doing and what you enjoy and offer to share those skills to help others.

Scan for more ideas



# Wallace Hall Be Mindful Menu

## Mindshift



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

Spend time outside and enjoy nature.

## Try "Stop - Calm - Rest - Notice."

Stop, take 10 mindful breaths, and rest while you notice the sights, sounds, and smells around you and the feelings within you.

Practice some Yoga  
[Click here for some examples](#)



## Stop Breathe Think APP



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

Take pictures with a camera.  
Try drawing or painting what you see.

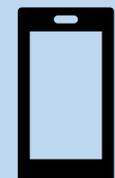


## Headspace App

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



Scan for more ideas



## 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 PJ's 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 <a href="https://www.twinkl.com">twinkl.com</a>			



# Wallace Hall Connect with Others Menu

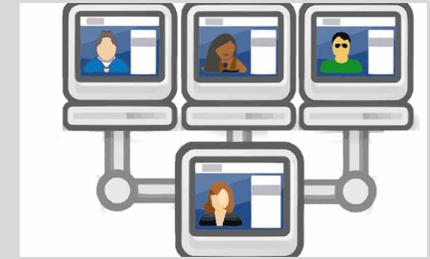
**CONNECT**

TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED

Have a  
phone/screen  
free meal  
with your  
family



Facetime/video call  
Connect with friends or  
family



Play a game with your  
family that does not  
involve a screen

**UNO**



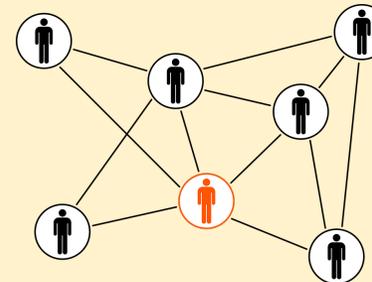
Read the newspaper or community  
bulletin boards to find out what is  
happening in your neighbourhood.



Write a letter to someone  
you miss



Connect with the people around  
you. Have a conversation with  
people in your house without  
screens/distractions



Scan for more  
ideas



# Where can I get support?

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