

# Longridge Wellbeing Day - Juniors

Longridge  
Towers School



Wednesday 3rd February 2021

## Physical Activity

Physical activity helps to strengthen your muscles, keep your bones strong and improves your skin. Exercise produces endorphins that make us feel better. In this area you will be completing physical activities to get your bodies moving and your heart rate up.

Why not...

Join Joe Wicks on YouTube or his daily fitness workout. Live each day at 09.00

7 minute workout for young children \*

Do you love dancing?\*

Skipping Games\*

French Skipping\*

Movement Monopoly\*

Create an outdoor Obstacle Course\*

What other ways do you like to 'let off steam' physically?

## Plan For The Day

After registering with your Form Teachers, you will have the opportunity to choose items from our takeaway menu.

You can plan your day as you wish but below are some suggestions you may like:

- One hour on physical activity
- One hour on a creative activity
- One hour on a healthy living activity
- One hour being sociable

If you would like to share images or videos of the tasks you complete, please send them to your Class Teacher.

## Let's Be Sociable

Social contact can be just as effective as exercise at improving your mood and quality of life. It can often provide a sense of belonging and keeps you connected to the world around you. In this area you will be completing tasks which enable you to interact with other people; this may be family members or friends.

Why not...

09.05: Google Meet with your Class Teacher for a sociable activity!

Play board or card games with your family

Talk with some friends or a family member you haven't chatted with for a while

Make a card and post it to a special friend

Write a letter expressing gratitude to a doctors' surgery or hospital

Reflect on the positives of lockdown with friends or family; remember you'll be together again with your friends soon



## Getting Creative

Engaging in creative tasks improves brain function, mental health and physical health. It can also reduce anxiety and stress. In this area you will be completing tasks that will engage your mind. There will be some creative challenges and some artistic tasks for you to complete.

Why not...

**Dress to Express Yourself\***

**Make a Gratitude Tree\***

**Sculpture Project: Junk Robot Friend\***

**Mud Art\***

**Make an Evergreen Mandala\***

**What I Love - Shadow Art\***

Join Grayson Perry's Art Club - you could feature in the next Channel 4 series!\*

**Emotions Poetry\***

Read a good book or listen to your favourite music - record yourself singing or playing an instrument

**Weaving Activity\***



## Family Focus

These are activities that your whole family could get involved in. You can include everyone in your household whilst getting creative, having fun and trying new things.

Why not...

**Make a family time capsule\***

**Be kind and do a good deed for someone in your family**

**Charades\***

**Outdoor Family Activities for Winter \***

**Finish off your day with a family movie night.**

## Healthy Living and Wellbeing

We all know making just a few changes to your daily routine; healthier food choices, finding time to rest and relax and exercise can make all the difference to physical and mental health.

In this area you will find healthy recipes, mindfulness and meditation activities.

Why not...

**Cooking - lots of healthy recipes to try you can even make a healthy pizza with Mrs Skeen?\***

**Mindfulness Videos for Junior Children\***

**Mindfulness Colouring - a host of different themes for you to choose from\***

**Mindfulness Breathing with Teddy\***

**Young children love Cosmic Kids Yoga sessions:**  
<https://www.youtube.com/user/CosmicKidsYoga>

**Plan Your Wellbeing Goals for the Year Ahead\***

**Wednesday Reflections\***

**Get Grounded - reduce anxiety and stress\***

**Self-Care Box\***