

# Longridge Wellbeing Day - Seniors

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

Enjoy the great outdoors \*

Do you love dancing?\*

Walking History Tour of Your Local Town\*

Try a Yoga session or some Zumba\*

Movement Monopoly\*

Create an outdoor Obstacle Course\*

Try 'Poi' as demonstrated by Mr Wilkinson:

<https://www.youtube.com/watch?v=9IFZEUYKAPs>

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...

08.45: 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

Write to Relatives or a Friend\*

Watch a movie together on Netflix Party

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...

Create a playground for your small pet\*

Sculpture Project: Junk Robot Friend\*

Mud Art\*

Make friendship bracelets and send them to a friend

Print out some photos of all your friends and family and stick them on your wall

Make an Ice Mandala\*

What I Love - Shadow Art\*

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

What other ways can you think of to express yourselves creatively?



## 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.

Draw portraits of each other

## 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 exercising can make the world of difference to physical and mental health. In this area you will find healthy recipes, mindfulness and meditation activities.

Why not...

Cooking - healthy recipes to try you can even make a healthy pizza with Mrs Skeen?\*, start your day with a Healthy Breakfast\* or make some food to taste and share\*

Mindfulness Videos for Senior Children\*

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

5 minute Meditation:

<https://www.youtube.com/watch?v=inpok4MKVLM>

Plan Your Wellbeing Goals for the Year Ahead\*

Wednesday Reflections\*

Listen to a motivational podcast on a walk

Use the Headspace app for some short quick meditations

Pet Power and Animal Aid\*