

Hardwicke Parochial Primary Academy

Guide to wellness



Dear students,

COVID-19 is presenting some challenges for all of us, so its really important that we are looking after our health and wellbeing. Finding ways to relax is going to help your learning, and support a happy and positive mood.

How to use

With screen time being so high, it is important that you find time to relax, reset, and tackle each day whilst being kind to those around you. In line with this, we hope you can use this 'Guide to wellness' to help you reset between lessons.



Step Away From
your Screen





The New School Week



Your lessons can feel really long



This time should be used away from a screen



Screen time is associated with poor wellness



Now is a fantastic time to learn something new to keep you well

Lessons

Extra Time

Wellness

Learn something new..

Desk Exercises



In a small space, it is still possible to do big things. Simple exercises (like the ones below) are a great starting point. Desk exercises help to keep the shoulder, hips, and spine mobile and are really important if you are sitting all day.

CLICK [HERE](#)

Desk Yoga is also another fantastic idea to keep things moving and understand the role of breathing in exercise. These are not only fun, but will help you to feel stronger and more agile over time.

CLICK [HERE](#)



Away from the screen activities



Nice Music



Design a board game



Paper Airplanes



Build a puzzle



Write a poem



Try origami



Have a nice drink



Stretch

Something Kind



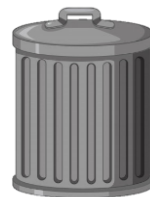
As mentioned on the second page, we are all having our individual struggles. To cheer someone up, think about the nice things that you could do to help someone feel better about themselves. These may include:



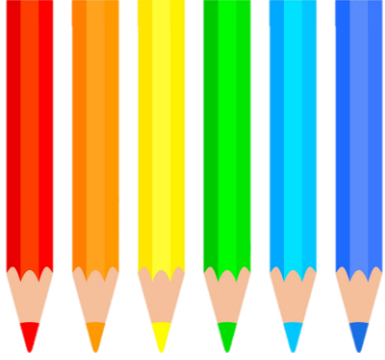
Make a cup of tea for someone (other drinks are available).



Send a friend or loved one a nice message of appreciation.



Help out around the house. Take out the rubbish, wash the dishes, walk the dog – it all helps.



Mindfulness Colouring



The significant benefits of colouring are now being realised for all age groups as it takes its place alongside yoga and meditation as an enjoyable way of improving mental and physical well-being. Colouring is a relaxing form of self-expression that stimulates creativity it also promotes a range of benefits to nurture well-being.

- Enhances fine motor development - Colouring is an activity that helps children build the muscles in their fingers, hand and wrist which aids in manipulating small objects.
- Improves hand-eye co-ordination - Colouring in requires great attention to detail and precision to keep within the lines which gives children an opportunity to develop co-ordination.
- We have provided some fantastic mindfulness colouring templates at the bottom of this resource.



Wellness Summary



Thank you so much for all of your hard work throughout COVID. We are so proud of how well you have adapted to all of the issues we are facing. If there are any issues, please contact the school.



Hardwicke is the school where children **SHINE**