

MOORSIDE HIGH SCHOOL

Feel Good February



WHAT IS WELLBEING?

Wellbeing for life is feeling comfortable, healthy and happy. This is not only physically but mentally too. There are many activities that you can do to improve and maintain your physical and mental wellbeing.

Activity	Information	Evidence
Scribble the stress away	<p>This may come as a surprise, but writing has been proven to help heal not only your mind, but your body too! Have a go at doing one of these...</p> <ul style="list-style-type: none"> • Describe how you want your life to look in 5, 10 and 20 years • Who has been your biggest supporter? Write that person a thank you letter • Describe your biggest accomplishment and why it means so much to you • No matter how terrible my day is, these ten things can always make me feel better – write a list • Name ten things you can start doing to take care of yourself? 	
Yoga	<p>The art of practicing Yoga helps in controlling your mind, body and soul, bringing together physical and mental disciplines to manage stress. Try some of the Yoga poses: Cobra Pose, Half Spinal Twist Pose, Triangle pose...</p>	
Mindfulness and Meditation	<p>Practice kindness meditation (taking time to think pleasant things about others) for 15-30 seconds. The benefit? Thinking positive thoughts about others can leave you feeling happier. You can either: Send someone a well-wishing text or email. Hold positive thoughts for your family, or friends in your mind for 10 seconds at a time, how did it make you feel? The benefit? Consciously acknowledging happiness takes the focus off negative daily experiences and reduces stress by keeping positive.</p>	
Get Moving	<p>We all know that exercise is the key to feeling good all round, improving health and wellbeing, but many people still find it hard to complete. Whether this is due to feeling tired, the rainy British weather, stress at school or even that you're achy from your last workout, it's all too easy to make an excuse. Try to keep in mind that your recommended weekly exercise is at least 150 minutes of moderate activity (20-25 minutes a day), or 75 minutes vigorous activity (just over 10 minutes a day). Do a workout for 20minutes.</p>	
Get Arty	<p>Completing art-based projects can help you express yourself, without having to use words. It allows you to take yourself away to your happy place and enjoy creating images. Create a piece of Art work that reflects Moorside High School or Remote Learning.</p>	
Get Baking	<p>A simple baking task could help lift your mood. Calming, rewarding and providing focus, baking can be a great way to help lift your mood. When you think of depression the last thing you probably imagine is lovely fluffy cakes, biscuits or desserts. Bake a cake or biscuits.</p>	
Take a Photo	<p>Photography can be a form of mindfulness, similar to meditation, which is proven to help you feel better. Often when you're taking photos, you can find yourself in "flow", which brings many health benefits similar to meditation like calming the mind and providing relief from stress. Take a photograph of something that makes you happy.</p>	

Activity	Information	Evidence
Create your own story	Draw inspiration from what is around you and decide how you would like to create your story. Will you do a short picture book story, a play or maybe a long form masterpiece? Have fun with the characters and plot and enjoy expressing your ideas through storytelling.	
Make something from recycled materials	Plastic bottles, cardboard boxes, food trays and reusable bags. There are plenty of materials we can use to make something completely new with a different purpose. Think out of the box and see what you can create from recyclable materials.	
Design a T-Shirt/Bag with an important message	Channel your energies into making a difference. Design a T-shirt or bag that would help make the world a better place by sending out an important message.	
Read a book	There's nothing quite like getting lost in a book. It expands your imagination, opens up new worlds to you and helps you create new ideas in reality. There are plenty of amazing books to choose from. Have you got a book you would love to re-read or tell us about a book you have read?	
Play a Board game	Not all of the best games are on your PC or mobile phone. Try some classic board games with your family. Our favourites are Scrabble, Chess, Cluedo, Checkers and Operation.	
Make the best paper airplane	Using science, imagination and creativity, you can set a goal to create a paper airplane that has to fly so far, or hit a certain target. What are you going to create in your wellbeing time?	
Build the tallest tower	Can you build the tallest tower? Put your engineering skills to the test! Have fun being creative but remember to ask, stay safe and tidy up.	
Go on a scavenger hunt	Can you find items in your home starting with the following letters... T.E.A.M.M.O.O.R.S.I.D.E get them all together and photograph them.	
Cook a delicious meal	Experiment with new ingredients, flavours and textures by cooking something new! Or for your mental wellbeing, you may like to cook the dish that you love. Or maybe just help make dinner!	
Have a silent disco or kitchen disco	Pop your headphones on and pick your own music! Dance the night away and sing your heart out to your favourite music.	
Draw	Try and draw something you have never tried to draw before, or draw whatever comes to you when you put the pencil to the page. You may even want to take a walk and draw what inspires you along the way.	
Make Origami	Origami is one avenue that provides both mental and physical stimulus with exercise. Origami helps develop hand-eye coordination, fine motor skills and mental concentration. Have a go at making some Origami.	
Write a Poem	From a sonnet and a limerick to a haiku, be creative and express yourself through a poem. Take the time to think and reflect, and create something for yourself or a poem we can share.	

Please remember to ask permission at home before you complete any of the challenges, stay safe and make sure you tidy up after yourself!

TAKING CARE OF OUR MENTAL HEALTH

We all need to take care of our mental health and wellbeing, whether we have a mental health problem or not. Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. It can change from moment to moment, day to day, month to month. We need to look after each other

If you are struggling... remember we are here to help.

Speak Up, Speak Out

Something not right, or have a good idea, would you like to make a difference...

SPEAK UP, SPEAK OUT

TALK TO US

SPEAK UP, SPEAK OUT
#TEAMMOORSIDE

Your name & email will be registered when you log a comment

Consilium Academics

The graphic features a dark blue background with white silhouettes of a group of people. A megaphone is held by one of the silhouettes. A large speech bubble contains the text 'SPEAK UP, SPEAK OUT'. A smaller speech bubble says 'TALK TO US'. A QR code is positioned next to the text 'Your name & email will be registered when you log a comment'. In the top right corner, the 'Consilium Academics' logo is visible. On the right side, there is a large, faint circular logo containing a stylized 'M' and a lion.

Visit our school website for more links to websites that can support your wellbeing