

ISLAND SCHOOL WELLBEING

Activities to choose from for this week:

1. Do what makes you happy!
2. Zumba fun.
3. Stay Hydrated/Rethink your drink!
4. Sleeping to music.
5. Stay in touch! Call a friend.
6. Thought of the day...



THRIVE

The road to positivity...
do what makes you happy!

Try one of these examples...

- Write a grateful letter...
- Laugh out loud and smile...
- Be helpful...
- Sing and dance...
- Try a new hairstyle...
- Bake a cake...
- Play games...
- Make something...
- Go outside...
- Contact family or friends...



[Ted Talks - My philosophy of happiness by Sam Bern](#)



Exercise raises your heart rate which will only make it stronger. A strong heart and strong muscles help us to have an efficient and healthy body.

Brain break: When all else fails, turn on some high energy music for a few minutes and dance. It is a good way to be silly and refocus your mind.

Try out these..... only 4 minutes of dancing zumba fun! Why not search for your favourite songs! Always warm up and cool down.

[Shape of you zumba](#)

[Uptown funk](#)

[Footloose zumba](#)

[Let get loud](#)

[Cool down to ED](#) Cool down!



When I dance, I forget everything else and just feel completely happy.

Katherine Jenkins

it's fun

it's fitness

it's ZUMBA®

Stay Hydrated/ Rethink your drink!



Remember to drink plenty of water and avoid sugary drinks

[Video - What would happen if we didn't drink water](#)

[Stay Hydrated - BNF resources](#)

[Rethink your drink](#)

RETHINK YOUR DRINK



DRINK RARELY, IF AT ALL

- Regular sodas
- Energy or sports drinks
- Sweetened coffee/tea drinks
- Fruit drinks

DRINK OCCASIONALLY

- Diet sodas
- Low-calorie, low-sugar drinks
- 100% juice

DRINK PLENTY

- Water
- Seltzer water
- Skim or 1% milk
- Unsweetened coffee/tea drinks



ReThink Your Drink

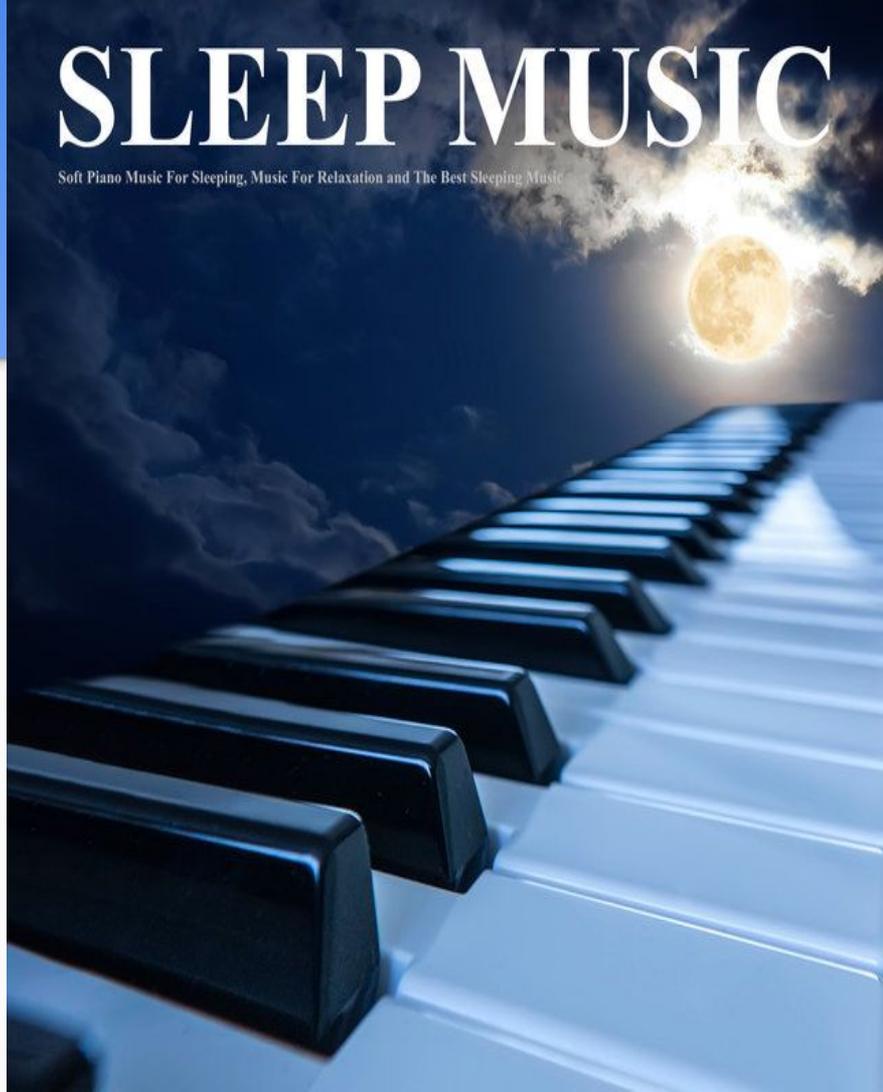
Drink more water and fewer sugary beverages.

16-18 teaspoons
of sugar in a 20 oz. Soda

Studies have shown that listening to music while trying to fall asleep could be used as an alternative treatment for those who may suffer from insomnia.

Remember.... Choose soft piano tunes
[Ambient music for sleeping](#)

No upbeat sounds!
No ear pods or headphones!



Mindful to our environment and community can help give you purpose and meaning.

Think about your friends during this time. Call someone you haven't spoken with in a while... don't text.... **Speak with them!**



how to BE MINDFUL every day



Communication skills.....

“Before you speak, think -Is it necessary? Is it true? Is it kind? Will it hurt anyone? Will it improve on the silence?”

Sri Sathya Sai Baba

Thought of the Day



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School Positivity on
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