

ISLAND SCHOOL WELLBEING

Activities to choose from for this week:

1. Special House feature....
2. Declutter your life!
3. Box your way fit!
4. Food facts.
5. Healthy habit countdown.
6. Why just wait in a queue?
7. Thought of the day...



THRIVE

ISLAND SCHOOL

Photography House Challenge

Challenge : Take an image of something in your House colour. See ideas below:

1. Label your image with your **NAME and Tutor group!**
2. Share your image to this folder : [House photos 2020](#)
3. Add the image into the correct House folder.
4. Deadline for entries is 28th March.



All of the images will feature in a collage displayed at school.

AND the most creative images celebrated in the weekly newsletter.



Ideas: Objects, people, nature, food, animals, clothing, textiles, transport, buildings,....

Think about: textures, size, shades, materials, frame size, filters, light, angles...



Declutter, Simplify, Organise.
Create a more positive, relaxing space to live in or just be able to find your things !
Check out the 30 day challenge. (10 mins)



Step 1: Tidy by item not location and see everything. Lay out all your clothes, empty all your draws and start sorting!

KEEP? I love it, I use it and it's important. It makes me happy!

MAYBE? It's sentimental or I may need it. Need to think about it!

DONATE OR SELL? It's in good condition and I have more than one.

THROW OR RECYCLE? It's broken. It's no longer useful or practical.



Step 2 : Clean the area decluttered! Organise and categorise all similar items in one place. Use storage boxes and containers. *Repeat for everything that needs decluttering.*

Stay active!

Choose one of the workouts as part of your daily routine!

Box your way fit!
Try the whole body 15 minute
boxercise workout.



OR

Complete one of these new 8
minute daily workouts and take
a break!



Did you know?

Top 10 Hydrating Foods

Cucumbers 96% Water	Watermelon 96% Water	Pineapple 95% Water
Lettuce 95% Water	Tomatoes 94% Water	Melon 89% Water
Celery 95% Water	Pear 92% Water	Blueberries 95% Water
Grapefruit 90% Water		

Try adding these foods to your daily meals.

Almonds
Broccoli
Spinach
Bok choy

BEST FOODS FOR STRONGER BONES

Mustard greens
Flaxseeds
Sesame seeds
Kale

SUPERFOODS YOU NEED!

b

6 VEGGIES WITH THE MOST PROTEIN

1. Pea
2. Spinach
3. Potatoes
4. Broccoli
5. Brussels sprouts
6. Corn

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Healthy habits... for every day.

Challenge yourself to maintain a healthy lifestyle.

The countdown:

- 9- [Why all those steps?](#)
- 8- Go to bed early.
- 7- Try having a glass every hour.
- 6- [Meditation](#)
- 5- [Jamie Oliver veggie meals](#)
- 4- Take a break every 3 hours.
- 3- Keep a food diary.
- 2- Hide your phone from sight!
- 1- Stretch, jump around, get active!



Mindfulness is an awareness to help regulate and shape our attention and emotions.

Practice the art of mindfulness.

AUTOPILOT

Automatic thoughts & feelings trigger unhelpful habits of mind & lead us to react in unskillful ways.

stimulus >> reaction

MINDFULNESS

Mindful awareness disrupts automatic tendencies to create space to choose a different response.

stimulus >> mindfulness >> response

Mindfulness trains our minds, which over time, trains our brains.

**PROVEN
BENEFITS**

- o Reduces stress & anxiety
- o Improves mood & working memory
- o Prevents relapse of depression
- o Increases emotional intelligence
- o Develops awareness & resilience

How to Practice WAITing

<http://LeftBrainBuddha.com>

We spend over 5 HOURS A MONTH waiting in lines. Now you can make it part of your mindfulness practice.



W

ATCH

What's actually happening?



A

CCEPT

Allow what is here to be here. Like a cloud, it will pass.



I

NVESTIGATE

What story are you making up? Is it as bad as you think?



T

END

Practice compassion -- for yourself and others.

Teamwork.....

Teamwork
MAKES
the
DREAM
work



Thought of the Day

