

ISLAND SCHOOL WELLBEING

Activities to choose from for this week:

1. House feature.....keep clicking!
2. Focus on who matters.
3. Benefits of stretching!
4. Daily move and groove!
5. Your gut is your 2nd brain.
6. Sleeping positions, the facts!
7. What is emotional intelligence?
8. Thought of the day...



THRIVE

FINAL CALL

Photography House Challenge

Challenge : Take an image of something in your House colour. **Some wonderful images already sent!**

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.

The top images will be celebrated next week in our weekly wellbeing AND in the Island School newsletter.

Stretching is not only beneficial for flexibility....

DID YOU KNOW?.....

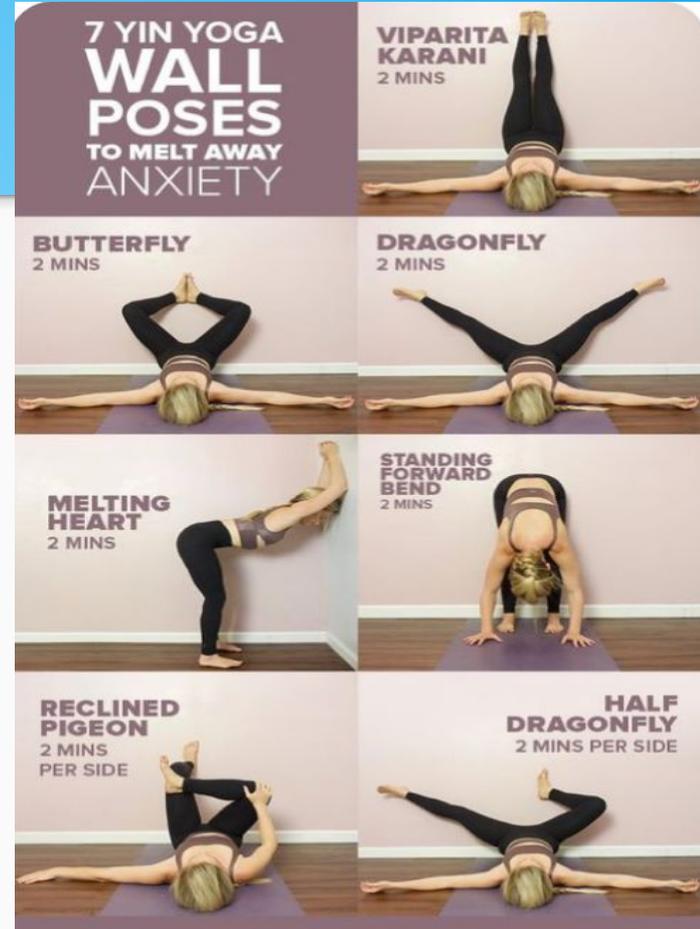


This is a very gentle stretch used to release tension around your neck.

- Roll a towel;
- Place it at the base of your head;
- Let your head fall back toward the floor and relax.
- Stay in this position for about 10 minutes unless you feel any sort of pain.



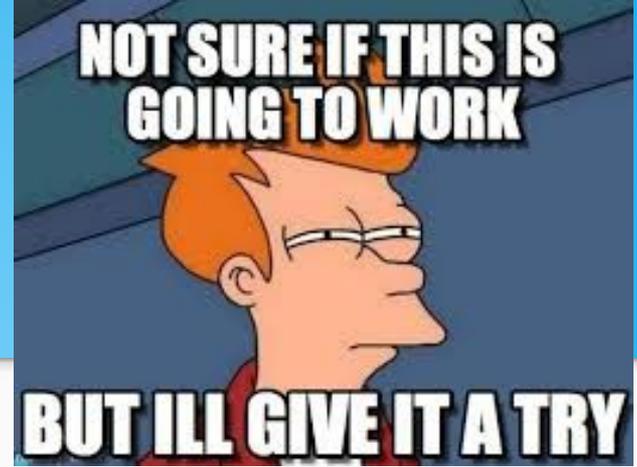
Try the 27 minute yoga routine for stress release or the 20 minute beginners yoga routine.



DAILY MOVE AND GROOVE!

Take a break and get moving!

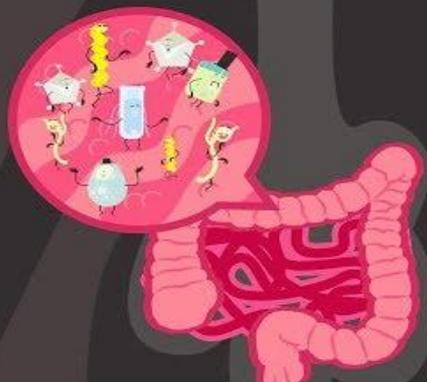
Choose from one of the 5 or 8 minute body coach routines! Or both!



Grab a rope and start the 5 minute skipping challenge !!



Look after your gut,
it's your second brain!



HOW THE FOOD YOU EAT AFFECTS YOUR GUT



[What should I eat for a healthy gut?](#)

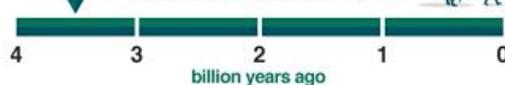
Microbes in the world

There are more microbes on **one person's hand**

than there are people on the planet



At **3.5 billion years old**, microbes are the earth's oldest resident



Less than **5%** of microbes cause disease



Our bodies contain **100 trillion** microbes

Bacteria in our gut

The bacteria in a **human gut** can weigh over **4lb**



There are **100 billion** bacteria to every gram of **intestinal content**



Analysis of the bacteria in our gut can predict obesity with an accuracy of more than **90%**

Bacteria may influence our behaviour via the **100 million neurons** in our gut.

This is why our gut is known as the **2nd brain**



Sleeping positions...

Does it matter?

The health behind how you sleep!

BACK: Good for spine and neck alignment. Reduces acid reflux and minimises wrinkles. Bad for snoring.

SIDE: Good for pregnancy. Reduces acid reflux and snoring. Bad for pressure on the face and breasts.

STOMACH: Good for snoring if you have no joint pain. Bad for muscle and joint pressure.

Sleeping Positions for Back Pain

Best: Sleeping on Your Back

Distributes weight evenly on spine
Put pillow under knees to maintain natural spine curve



Decent: Sleeping on Your Side

Try switching sides every night
Put pillow under bent legs for best spinal curve



Worst: Sleeping on Your Stomach

Flattens natural curve of spine
Puts strain on back & neck muscles

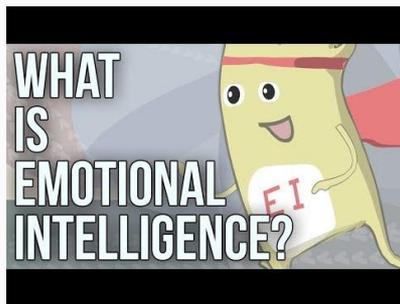
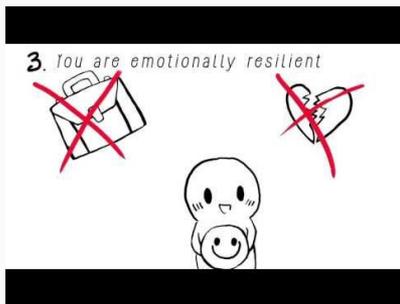




KEEP
CALM
AND
LISTEN TO
YOUR EMOTIONS

Mindfulness is an awareness of our emotions. Improving our emotional intelligence is the ability to identify and understand our own and others emotions.

Check out the video links to help you understand what emotional intelligence is.



Watch a movie that makes you laugh or listen to a song that makes you cry. Embrace your emotions and be proud of what you feel.

One of the best movies produced to help explain emotions is Pixar's **Inside Out** !



Gratitude

Be grateful, 
enjoy the little things

*It's not happiness
that brings us gratitude.
It's gratitude that brings
us Happiness.*

Thought of the Day