



THRIVE

Island School:
A diverse community
where all learners thrive



Purpose



Health



Mindfull



Positivity

FEATURE OF THE WEEK



Lets get musical!

Inspired by Arlynn Morris (13W)

- ★ Can you write a song or compose some music?
- ★ Can you sing or play a song that has helped you be more positive! Happy songs!
- ★ Share your musical talents with us!
- ★ These will be celebrated at the end of term.

Send your videos or audio links to Mr Travers before June 4th.



Mindfull

Activities to choose from this month:

Mindful Actions

Take a break! Learn the art of Origami or beat the boredom with this weeks student feature.



Positivity

Positive Thinking

Practice the art of positive self talk. How you talk and think about yourself matters. How to create your own self talk flower.



Health

Self Care

The Chinese art of Tai Chi and the Seven Pillars of Self Care. Take action and look after yourself.



Purpose

Learn something new!

Reap the benefits of learning something new or trying a new hobby. You are never too old to try something new.



Mindful

Mindful actions.....

what you think,
you become.
what you feel,
you attract.
what you imagine,
you create.



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Positivity



Health



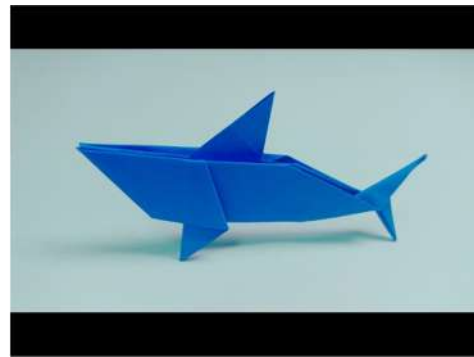
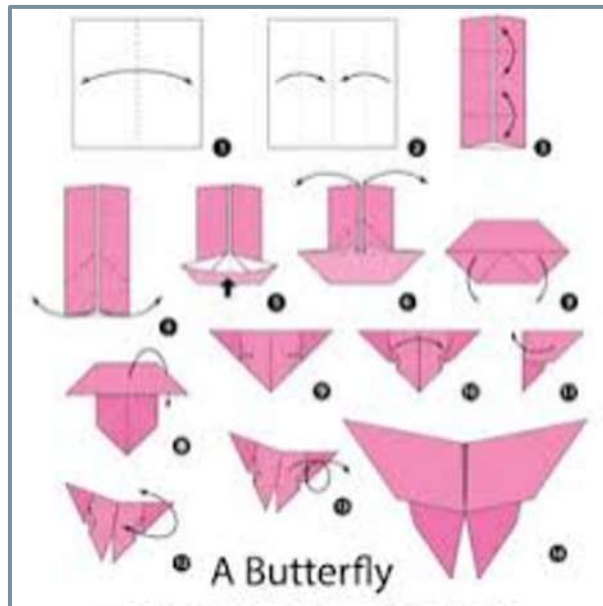
Purpose

Mindful Actions

Take a break and help develop your hand-eye coordination, fine motor skills and mental concentration with the art of Origami!



There are lots more to discover!





Mindfull



Positivity



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Purpose

Mindful breaks...

BOREDOM BUSTERS

Beat the boredom:
Top tips from Vijay! (7F)

Congratulations Vijay on joining the student leadership team for Thrive.

HOW TO BEAT BOREDOM!

I know you are all stuck at home, and feeling moody. Here are 3 ways to beat virus boredom!

1. TAKE A LOTTA BREAKS

In the current situation, students stare at the laptop from 8 am to 3 pm. Taking breaks are very important!

2. TALK

Talk with your friends via Hangouts or socialize with your siblings and relatives! Keeping social connections are very important right now.

3. CATCH-UP

Catch-up on your old hobbies in your free time! After school, get out of your room, read, draw, grab a snack there's so much to do!



Positivity

Positive thinking...

Our strength
grows out
of our
weakness.

Ralph Waldo Emerson





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Positivity



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Purpose

Positive thinking...

How you talk yourself matters.

- ❖ Practice the art of positive self talk.
 - ❖ Begin to develop your inner coach.
 - ❖ Learn to help yourself when things don't always go the right way.
1. Read the A-Z in learning how to positively talk to yourself.
 2. How many of these letters do you already do?
 3. Which letters should or could you try to do?





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Positive thinking...



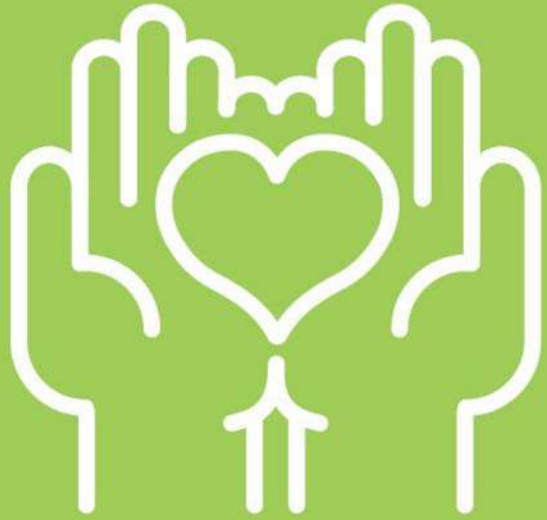
Why positive self talk is so important!

<p>Builds Confidence</p>		<p>The Power of Positive Self-Talk</p> <p><small>www.thepathway2success.com</small></p>	
<p>Improves Attitude</p>	<p>Promotes Self-Love</p>		
<p>Allows for Taking Risks</p>	<p>Encourages Motivation</p>	<p>Helps Work Through Challenges</p>	

Clipart by Sarah Peacock, Kim Hofield, & Teachers Resource Farm



Create your own self talk flower craft!



Health

Self care...

TAKE
CARE OF
YOUR BODY.
IT'S THE
ONLY PLACE
YOU HAVE
TO LIVE.



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Purpose

Self care...

Tai chi is an internal Chinese martial art practiced for both its defense training, its health benefits and meditation.



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Benefits of Qigong

1. Loosens Muscles
2. Builds Power
3. Strengthens Organs
4. Slows Respiration
5. Strengthens Nerves
6. Builds Bone Density
7. Prevents Joint Injury
8. Strengthens Ligaments
9. Destroys Free Radicals
10. Increases Injury Recovery
11. Decreases Stress
12. Balances Emotions
13. Improves Circulation
14. Prevents Muscular Spasms
15. Reduces Pain
16. Lowers Heart Rate
17. Normalizes EKG
18. Lowers Blood Pressure
19. Improves Asthma
20. Relieves Bronchitis
21. Builds Immune System
22. Relieves Migraines
23. Decreases Stroke Risk
24. Improves Skin Elasticity
25. Improves Posture
26. Improves Flexibility
27. Increases Balance
28. Improves Memory
29. Aides in Digestion
30. Improves Kidney Function

Self Care... Look after yourself!

Did you know about the Seven Pillars of Self Care?

- ★ Choose one of the pillars that needs a little more time or effort!
- ★ Make time for your daily self care routine.
- ★ Stay healthy and look after yourself.



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Self Care... Look after yourself!

Self care action plan (Notes from the video)

- ★ **Step 1** - Be smart and look after yourself to reduce burnout and improve productivity. *Healthy habits: good nutrition, exercise, sleep and hygiene.*
- ★ **Step 2** - What works for you and makes you feel good? *Go for a walk, call a friend, write in a journal or do nothing!*
- ★ **Step 3** - Recognise the warning signs when things seem too difficult and you can't think straight. *Recharge the batteries and take time out for yourself.*



(Video : 5 minutes)



Purpose

Learn something new...

If you want something
you've never had, you
have to do something
you've never done.

A photograph of a person standing on the peak of a grassy cliff, looking out over the ocean at sunset. The sun is low on the horizon, creating a bright glow. The text 'Soul Analyse' is overlaid on the image.

Soul Analyse

Learning something new...



Dedicate some time each day for learning a new hobby or skill.



IDEAS!!!

1. Helps you learn faster and better. Train the brain!
2. Makes you more interesting!
3. Make new friends.
4. Build your self esteem.
5. Sense of accomplishment and satisfaction.
6.and many more!

- ❖ Try gardening or cooking!
- ❖ Arts and crafts.
- ❖ A new language with Duolingo
- ❖ Make a homemade facepack!
- ❖ Learn Coding at [Udacity](#)
- ❖ Build Your [Vocabulary](#)
- ❖ Learn about First Aid.
- ❖ Train Your Brain at [Lumosity](#)
- ❖ Watch [Ted ED](#)



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You are never too old to try something new!



Inspirational stories.....92 year old gymnast and a 99 year old runner!



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