



درستة وينشستر  
The Winchester School

# WELL-BEING CALENDAR

## APRIL EDITION





## WHY DO WE NEED THIS?

In the midst of the turbulent, ever-changing broadcasts & headlines, it's very easy to lose sight of keeping our mental & physical health in check, even if it's something as simple as walking more than 20 steps a day or even if it's just taking a deep breath.

In an attempt to balance schoolwork with the calendar, we've decided to provide you with a 4-week calendar, ensuring that your social, emotional & physical needs are met. Whether it's something you haven't done before, or something you haven't been paying attention to.

This calendar is a compilation of physical & mental activities catering to all age groups. These activities rekindle life into the entire family's overlapping schedules, allowing for memorable moments to be created.

Please feel free to capture these moments and share them with us on our Wellbeing Instagram page: [@fieldnotesofmentality](https://www.instagram.com/fieldnotesofmentality)



WEEK 1

# JOKES AND HUMOUR

We all know that April begins with April Fools Day, a day filled with harmless jokes, fun and laughter. But what is stopping us from having a sense of humour every day?

- Laughter not only just lightens our body but also boost up the human immune system by increasing infection fighting antibodies.
- Laughter helps in relieving our anger, depression, tension and stress and make us feel light and irritation free.
- Laughter is the easiest and the quickest way to overcome conflicts and promote strong relationships.
- Laughter brings out the lighter side of our personality and also allows us to express our feelings without any hesitation.

**So, laugh freely, embrace positive humour, don't worry about being funny, and make people laugh..because a day without laughter is a day wasted.**



## **SPLASH AND SWIM**

It is April and it is spring break – this is the time all about having fun and making the best of your break. The perfect time in the year to swim at the beach or in your favorite swimming pool, snorkeling , paddle boarding or surfing.

Whatever water activity you prefer to do, April is the perfect season for it. Go for it and make it fun and a great working out too.





WEEK 2



**SPRING  
BREAK**

## **Spend time outside**

Before the burning summer is here, grab your blanket, prepare tasty bites and refreshing drinks and go to the park or to your favorite picnic spot. With family or with your best friend. Enjoy the way while listening to your favorite playlist in the car. Don't forget to charge the battery of your camera so you can take some great pictures on your way or just some memorable selfies. Share it with us, we also want to be a part of your happiness.

Throwing a frisbee can be confusing at the beginning, but once it is mastered and done well, it provides great enjoyment. The good thing is that it can be played in the community garden, at the beach or at the park. It can be played with two people or even in a team.

Not only is it fun, but playing frisbee will also increase your speed and agility.

## **MASTER YOUR FRISBEE TECHNICS**







RAMADAN  
KADEEM

WEEK

3

## Creating lanterns!

We all know how to create a lantern and decorate, but let's put an interesting twist to it! You need to add your own sparkle on the lantern, add glitter! Different shapes in all sizes. If you don't know how to make a lantern or just forgot, use the link below.

<https://www.youtube.com/watch?v=eVPjipZzfaA>





Let's be creative!

Today is an interesting activity, as we will be exploring the world through our one-of-a-kind Moon Sighting Binoculars!

Use the link below to create the binoculars, and we hope that you will go on marvelous journeys and explore the near and far with your hand-crafted Moon Sighting Binoculars.

[https://www.youtube.com/watch?v=5TqWlzy\\_kSc](https://www.youtube.com/watch?v=5TqWlzy_kSc)



WEEK 4





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## **CUP STACKING!**

Take time to develop your coordination skills.

Use the link below to see how to do cup stacking and be a master at it.

<https://www.youtube.com/watch?v=eR2OR3coiX4>



## **ROLE PLAY!**

Use your imagination and re-enact a part of either your favorite play or a movie! Stepping into the shoes of various characters can be so much fun and can also enhance your creativity and imagination. Don't forget to share videos and pictures!

A circular graphic showing a close-up of a clapperboard. The top bar has black and white diagonal stripes. The main body of the clapperboard is black with the words "ROLE PLAY" written in large, white, bold, sans-serif capital letters.

**ROLE PLAY**

A BIG  
Thank You.



*Dear students, Thank you for your response, active participation and efforts in the Project of the month of March.*

*All your work and creativity are truly amazing and remarkable.*

*All your thoughts, posters, songs are just proof of your awareness, care and concern about wasting water. You can find all your previous submissions for world water day project here:*

*<https://padlet.com/dbjmiranda16/wellbeingcalendarofmarchsavewater>*

*We hope that you enjoy it and can't wait to see your next submissions!*

# Do not Waste Water

## Save water

Do not waste water

you should not waste water because our supply is limited which means after a while, we will be out of the water so stop wasting and start saving

only 3 percent of all that water in the world are the ones we could drink which come from ice and rivers

stop wasting that 3 percent or otherwise that 3 percent will become 0 percent

Naitik Punjabi



Jessica 3F



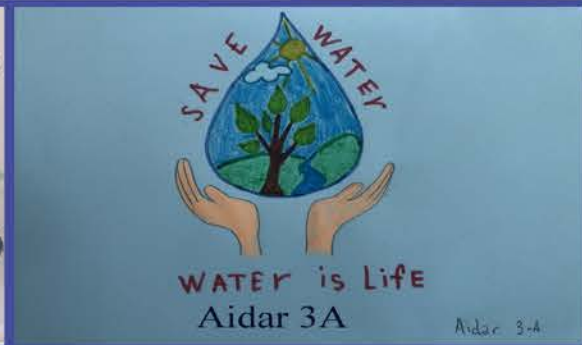
Jose 4G



Kieron Mendez 3C



Erich Gabrielle Binua 3C

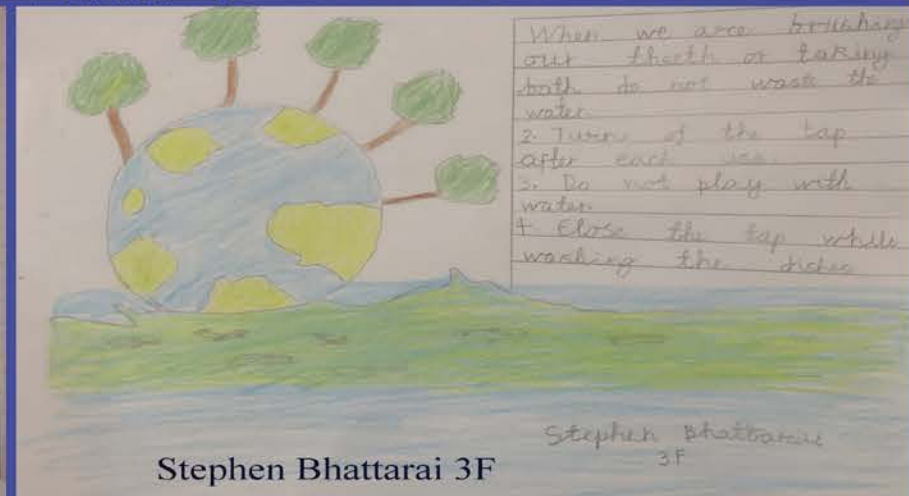


Aidar 3A

Aidar 3A



Raina Malik 3B



Stephen Bhattarai 3F

When we are brushing our teeth or taking a bath do not waste the water.  
 2. Turn off the tap after each use.  
 3. Do not play with water.  
 4. Close the tap while washing the dishes.

Stephen Bhattarai 3F



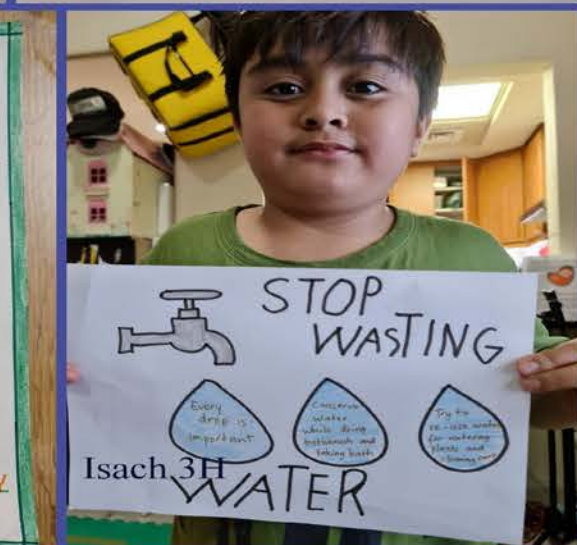
Zaina Kashif 4H



Omer bin Usman 4G



Anaya Sharma 3H

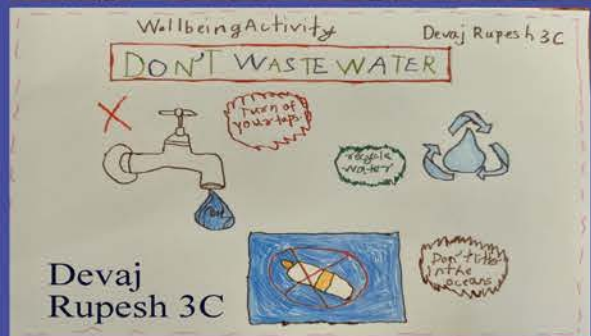


Isach 3H



Pratiti Nagpal 3C

Zaynalabideen 3I



Devaj Rupesh 3C



Joaquin Soriente 3E

WASTE WATER



# PROJECT OF THE MONTH OF APRIL

We are happy to introduce our Project of the Month page – you can find a series of projects to enrich your free time and to bring you joy and pleasure.

All activities which you choose and accomplish can be submitted to the following Padlet Link

<https://padlet.com/dbjmiranda16/cookwithlove>

kindly note that this can be either photographs ( please mind the size) or a short video.

Scroll down, and pick out you project, we hope you are going to enjoy it. Don't forget to share it with us too!





## COOK WITH LOVE

Suhoor and Iftar are two elements of Ramadan that have great significance for Muslims.

It is a very important traditional act and a nourishing way to maintain your energy throughout the day while at the same time bringing you enjoyment and delight. This Ramadan lets cook and discover the diversity of Islam cuisine .

Put your apron on and start cooking.

Choose your favorite dish and surprise your family by putting your dish on the Iftar table.

For those who don't know what is served on the Iftar table – research, or call a friend and ask, prep all your ingredients, and start your new culinary creation .

- **FS1&FS2: GET REFRESHED AND HYDRATED WITH REFRESHING DRINKS**

Staying hydrated throughout the day is very important. It helps us to stay happy, active and healthy. Let's try to make a hydrating yet nutritious and refreshing drink which can bring you joy and delight for Suhoor or Iftar and keeping you going well throughout the day. Prepare your very own refreshing drink decorate it before serving it to your family. Share your method of preparation and presentation with us too.



- **Year1&Year2: RAMADAN SPECIAL FRUIT SALAD.** We all know the benefits of eating fruits in a daily basis. What about preparing a bowl packed not with one fruit. Find out what kind of fruit salad is usually served on Iftar and the Suhoor table and make it using your culinary skills and imagination. Once it is done, click a picture of this creation full of vitamins and antioxidants. Don't forget to share your recipe and result with us.

- **Year 3&Year 4: EXPLORING COLD DISHES.**

Arab salad, Fattoush salad, Tabbuleh,... lets choose one of so many traditional salads of Arab cuisine and prepare it with love and fantasy. Go through different recipes of traditional Arabic salads and choose one as per your taste. Prepare all your ingredients and get started. Be very careful while cutting and chopping; you can always ask for assistance in the kitchen. Share your final, healthy culinary creation and the method of preparation with us.

- **Year 5&Year 6: SWEET WONDERLAND.** Iftar meals are incomplete without Ramadan desserts. Arab desserts are deliciously rich in flavor. Make your own choice from the great, Arabic collection of desserts and sweets and prepare it. Please share it with us so we can get inspired too.





“Don't let what you can't do  
stop you from doing what you  
can do”

John Wooden

