



WELL
BEING
CALENDAR

DECEMBER
EDITION
2020

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

WELL BEING

*WINCHESTER SCHOOL
JEBEL ALI*

Get Moving and Stay Active

If you struggle to find activities that keep your family active, don't give up. Keep trying new things, or simply

GO FOR A WALK

Put on your mask, follow the two meters distance rule, and go have a walk around your neighborhood.

Take a walk with your pet or parents.

Walk as much as possible, every day and enjoy the fresh weather outside.



BRING THE WINTER AT HOME LEARN HOW TO MAKE PAPER SNOWFLAKES

Research how to cut out a paper snowflake and turn it into a simple winter art project. Made snowflakes from newspaper and added some watercolors, starch, and glitter to some to really make them stand out!

FILL THE MOOD WITH CINNAMON COOKIES

Can you smell it? The Holiday spice that is. There is something wonderful about the aroma of cinnamon, nutmeg, ginger, cloves and spice. Doesn't this make you want to start baking?

Research and make delicious cinnamon cookies and decorate them however you want

OR.....

You can be a Nutrition NERD and write out all the health benefits of each spice, which you used in your recipe like Nutmeg.....

Combined with other spices it can help calm or reduce stress.

Used as a digestive tonic

Can help reduce asthma

Fights depression and anxiety

It has anti-inflammatory effect.





WEEK 2
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KEEP MOVING

Physical activity simply means movement of the body that uses energy. Walking, gardening, climbing the stairs, playing soccer, or dancing: all this are all good examples of being active. For health benefits, physical activity should be with moderate or vigorous intensity and it is advisable to be done on a regular basis.



LOOK THROUGH OLD PHOTOS

Looking through old photos of yourself, siblings and family is fun! Let the memories of that moment come back.

This can be great memories for you and your parents. Try to remember some pictures, if you can't, then try to recall what it must have been like.

Be active at home during the #COVID-19 outbreak

ONLINE EXERCISE CLASSES



JUMPING ROPE



DANCING



MUSCLE STRENGTH AND BALANCE TRAINING



STRETCHING AND CONDITIONING





MOVIE NIGHT

Watching movies encourages emotional release. Even those who often have trouble expressing their emotions might find themselves laughing or crying during a film. This release of emotions can have a freeing effect and make it easier for a person to become more comfortable in expressing their emotions.

So many good movies come out in December.
So why not making a family movie night or movie night with friend.

Our Movie recommendations are :



WEEK 3

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MAKE YOUR OWN HOT CHOKOLATE

Hot chocolate is a cup of cheer especially as the weather starts cooling down.

Real chocolate with real milk and unrefined sugar is an incredibly complex substance, containing 400-500 different health benefiting compounds.

Hot cocoa is a powerful elixir – one which boosts mood and vitality and combats stress, anxiety, and pain.

Indulge yourself and create your own hot chocolate.

Share with us your spirit and imagination by sending us a picture.



Date : _____

NEW YEAR'S RESOLUTIONS

1. Learn a new skill.
2. Expand network.
3. More family time.
4. Get organized.
5. Exercise and get fit.

MAKE A NEW YEAR'S RESOLUTIONS

Sit back and think of goals to improve your life and performance in the coming year.

Why don't you share them with us too.

MAKE A HOMEMADE SNOWMAN THAT NEVER MELTS AND DECORATE YOUR ROOM



Use socks, bottle caps, buttons, and all sorts of recyclable materials and most importantly use your style and imagination to create a homemade snowman to decorate your room.

Don't forget to click pictures and share them with us.



WEEK 4

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SURROUND YOURSELF WITH MUSIC

Music helps us cope in many ways. There are sad songs, and motivational songs, happy songs and meaningful songs. It's a festive season, if you play a musical instrument, why not learn a new song! Some ideas are: Deck the Halls, All I Want for Christmas, and Last Christmas. If you don't play an instrument, why not sing some songs! If you don't want to sing, just listen to some songs and enjoy the mood.

SPENDING TIME WITH FAMILY

Family time has a way of giving us warm and sheltered feelings.
So read books, play games, go outside, listen to music, be active, cook.

Do it **TOGETHER**

Share with us your family moments

Stay safe,
Be healthy.





*BE HAPPY AND SMILE
DON'T FORGET TO SHARE WITH US YOUR FAVOURITE
ACTIVITIES AT :*

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