



THE WINCHESTER SCHOOL

**WELLBEING
CALENDAR**

FEBRUARY 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



Grow a herb garden

During February, the weather is cool, and it is the perfect time of the year to organize and grow your own herb garden. Whether you have outdoor space at home or not you can easily make your very own herb garden. Herbs are great plants to grow in pots too and here you can use an old truck toy filled with soil, an empty candle jar or even an eggshell and plant it. Choose your herb, plant the seeds and watch how fast and beautiful it is growing . Water them and keep an eye for the perfect harvest time.

Then you can easily enjoy your herbs with your favorite dish or sandwich.

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



WATCH THE SUNSET

Whether you are going for walk or to have a nice sunset run, choose a nice spot in your community and stay for a while to watch the mesmerizing sunsets during this month. Don't forget to finish your sport activities before 17.50 PM so you can enjoy it peacefully.

You can try taking some pictures as well and don't forget to share them with us.



WEEK 2





WORLD WILDLIFE DAY

On 3rd of March, it is the global celebration of the great wild animals and plants found on Earth. The purpose of the day is to get aware of the dangers that threaten the survival of many animals around the world.

To get ready for it why don't you explore and research endangered animals and plants on the planet. Get informed and inspired. You can write an article or essay and share your thoughts with us.

BE A BETTER ATHLETE

Learn and experience the Animal Flow.

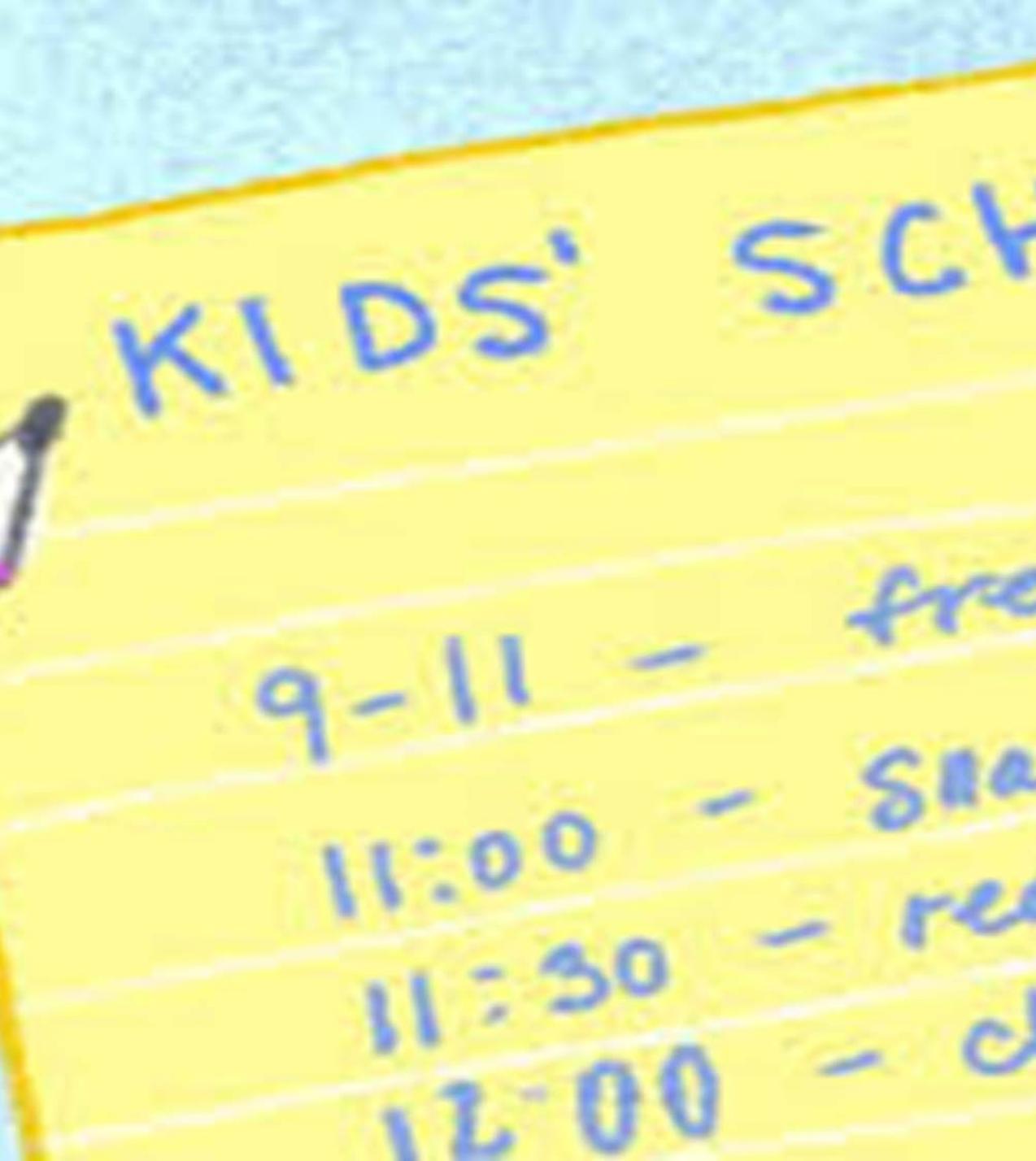
Animal Flow is completely new and unique workout which includes ground- base movements where the full body stretches in different animal positions and then move through various motion. It is often described like a mix of yoga, gymnastic and breakdancing.

Before you give a try make sure you have done your research and of course you warm up your body well and it is prepared for the new challenge.



WEEK 3





DO YOU REMEMBER?

In one of our previous calendars, we talked about a daily routine and a schedule to keep track of your daily routine.

When you keep up to date with all your agenda's, then its easier to complete all the work you have.

Create another daily schedule but updated to the month for February until March. Make sure this schedule is fun and is personal to you. Use different materials to make it unique! Good Luck!

Let us check on our herb garden. Check if you can see the sprout and take a picture that you can upload on the Instagram Page!

Let's put your art skills to the test!

Draw a one-of-a-kind comic strip. The comic strip should be at least 1 page long but if you are creative you can go on as your heart desires. But there is a twist, you need to make the comic strip about the environment.

Make sure that you use colours and post it on our Instagram page.

WEEK 4





**What is your favourite animal?
Is it a tiger... elephant, or a buffalo?**

Choose an animal and make a mask using recyclable objects. No! Not a mask for you to wear outside but a mask which shows your favourite animal. You can use anything, but before you reuse it, make sure to ask whoever it belongs too if you can use it.

When you' re done, share a picture to our Instagram!

Break Time

WOW! Our 2nd month of 2021, still feels hard to say it, but its the truth. Let's look back at all the good times from 2020!

Even during the lockdown, I enjoyed my days and was productive. But most of all, I realized that even during a pandemic, I can have the best time of my life with just my family. Go through picture of the good times in 2020, laugh and talk!

Don't forget that family is everything.

Creative time!

Keeping the Earth clean and safe should be our number 1 priority, because after all, it is our home. So, the activity is cleaning the trash in your house.

Try to recycle the materials. You can use it as either organization boxes or any other useful matters that you feel like making.

Don't forget to send your beautiful inventions to our Instagram page.



PROJECT OF THE MONTH OF FEBRUARY

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

All activities which you choose and accomplished can be email it to your Moral Education teacher; kindly note that this can be either photographs (please mind the size) or a short video.

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



Seeds Everywhere

FS 1 & FS 2 students: “S” for seed. Trace the letter “S” with seeds. You can use just one kind of seed or you can go for a multicolor option.

Year 1 & Year 2 students: *Collect them & name them.* Collect as many different seeds as you can and organize them in an interesting way while showing their names.

Year 3 and Year 4 students: *Create a mosaic picture.* Use your imagination and creativity and create a beautiful mosaic picture by using as much different kind of seeds as you can.

Year 5 & Year 6 students: *Grow a new plant from an old one.* Check your fruit bowl and eat your favorite fruit or vegetable. Make sure that the fruit has seeds! Then, collect a few of the seeds from the fruit or vegetable and plant them in a pot. Make sure you research how to plant the seed: some seeds need to be specially germinated before being planted in soil. Some of the best fruits and vegetable for this project is oranges, lemons, limes, avocados, mangos and many more.





"Look deep into nature, and then you will understand everything better."

-Albert Einstein.