

THE WINCHESTER



# Well Being Calendar



RELEASE 09

# WHY DO WE NEED THIS?

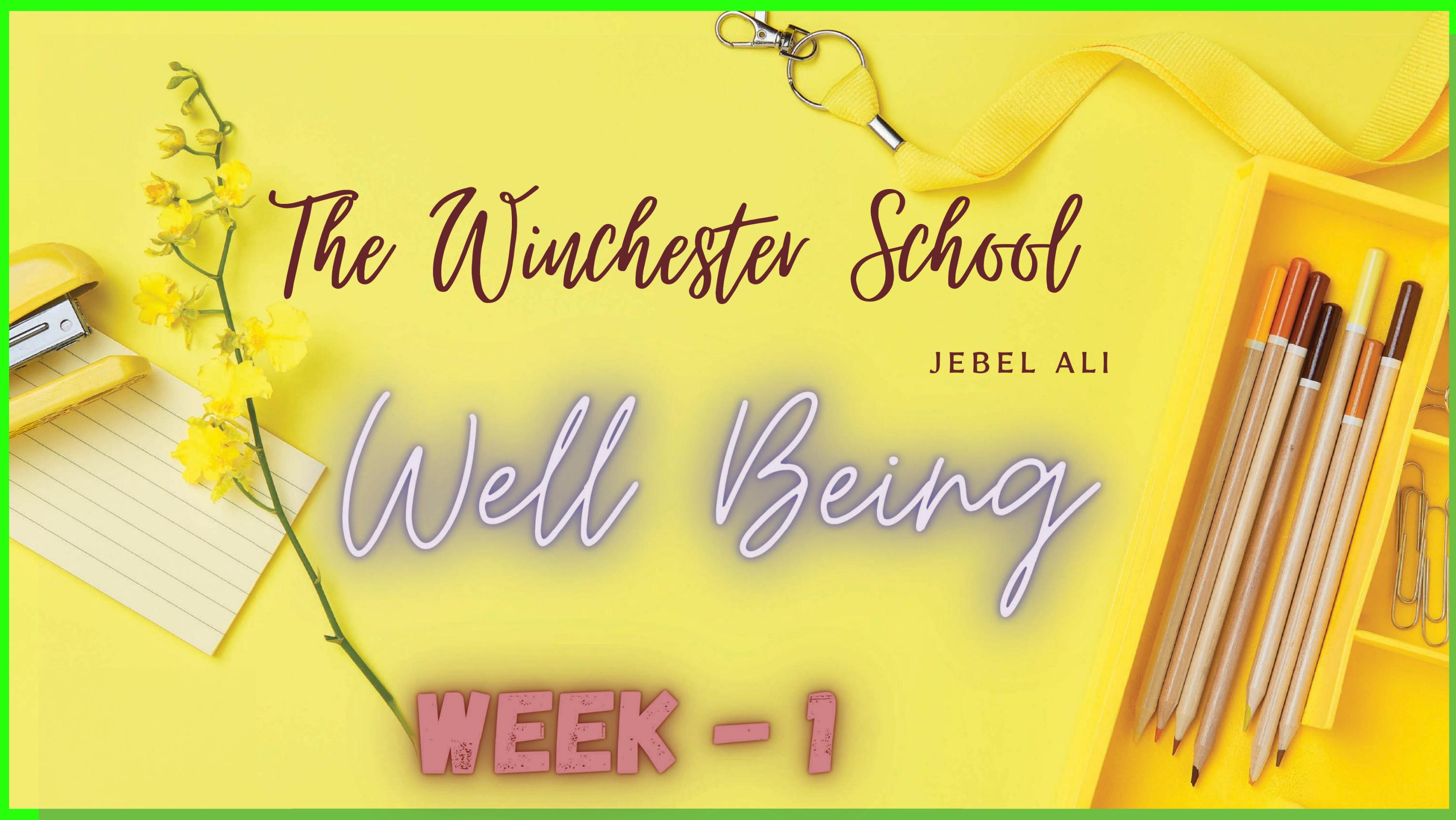
In the midst of our attention being ever so fixed on the overwhelming headlines & news articles, it's very easy for us to allow our mental & physical health fall into the cracks of dismissal. We all do need a break once in a while, and that break should be a distraction far from YouTube recommendations and our fridge! That is why we are here to introduce to you,

## 'THE WINCHESTER WELLBEING CALENDAR SERIES 2021'

This 4 - week plan compresses mental & physical needs, making sure not to add onto your already existing workload. The activities range from all levels of difficulties, whilst rekindling wellbeing into your family, allowing for all to recharge, rejuvenate, reconnect.

PLEASE FEEL FREE TO CAPTURE THESE MOMENTS AND SEND THEM TO OUR INSTAGRAM PAGE:

● ● ● ● ● @FIELDNOTESOFMENTALITY ● ● ● ● ●



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JEBEL ALI

*Well Being*

**WEEK - 1**

# Get into Nature! Get Nature into you! For your Wellbeing

"A walk in Nature walks the Soul back Home"

**Nature Heals**

**Nature Cleanses**

**Nature Provides**



A day out in the sunshine can suffice us with vitamin D, a nutrient we don't get from food as much we need it. Studies indicate that a large chunk of the population today is deficient of the 'sunshine vitamin,' which explains the massive increase in fatal diseases today, and rather than relying on human-made supplements, a close connection to nature can help in replenishing this deficit.

# RAMADAN AT HOME:

*Connect with your  
friends and family*



# TAKE CARE OF YOUR MENTAL WELLBEING

*Reach out for support*

Ramadan is the time to strengthen our relationship with God. It's also time to connect with our families, friends and neighbours. This year, with social distancing measures in place in many communities, Ramadan may feel like a lonely month, especially for those living away from their families.

Without the social support we usually rely on, Ramadan may also be an uncertain time especially for those battling poor health or living in difficult circumstances. During this stressful period, you have to look after your mental health and support others.

Faith leaders across the world are holding advice sessions, prayers and Holy readings over social media. These can help to create a much-needed sense of community and help us realise that we are all in this difficult situation together.

*World Laughter Day on 2nd of May!*

# **A GOOD LAUGH HEALS A LOT OF HURTS**

Laughter is healthy. It boosts the immune system, triggers the release of feel-good chemicals like endorphins, and even burns calories. Spend your time at home watching comedy specials that will have you cracking up the second you put it on.

Have a laugh by watching some of the funniest comedians—like Kevin Hart, Fluffy Iglesias, Trevor Noah and more on different streaming services to celebrate,

*World Laughter Day!*



# 5th May is World Athletics Day

*World Athletics Day falls under the social responsibility project of IAAF :*

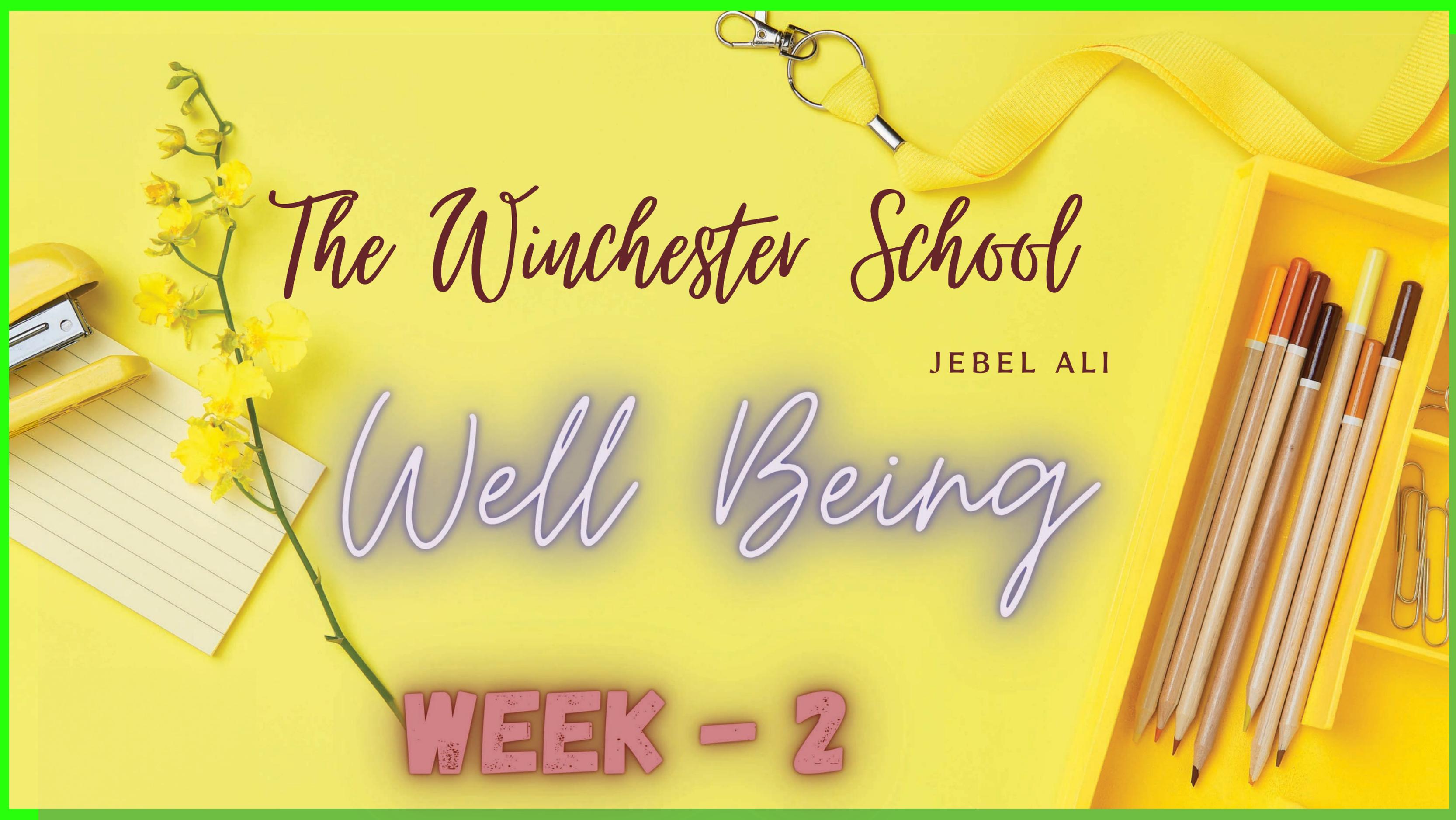
*'Athletics for a Better World.'*



## **Purpose:**

- The day is observed to make people aware of the various health issues and to promote physical fitness.
- Make the game popular among young people.
- Promote athletics as a primary sport in schools and institutions.
- Increase public awareness of the sport and educate young people about the importance of sports.
- Establish a vital link between youth, our sport, and the environment.

**Find a sport you can be passionate about  
Make your sport a priority**



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**WEEK - 2**

# PRACTICE IS THE KEY TO SUCCESS

Use study space for studying

Create associations

Break work into smaller tasks

Take short breaks

Know what you don't know

Set study session goals

**S T U D Y**

Check your understanding

Teach someone else the information

Practice retrieving the information from your memory

Study during your best time of day

Recognize when your mind starts to drift

Resist temptations to start with low priority tasks

*for your well being!*

## **INCREASE YOUR ENERGY WITH YOGA AND WORKOUTS**

That's right, yoga can give you an energy boost! Despite how slow and relaxing it may seem, yoga is still a form of exercise. It will get your blood pumping, which translates to increased energy. Many yoga techniques also have an emphasis on breathing. As your body learns to breathe deeper, the oxygen influx will give you a boost of energy. That's the physical aspect of increased energy. Beyond that, yoga feels good!

### **Ramadan Fitness: What's the perfect workout?**

***Plank 60 sec, 3 sets***

***Push ups 12-15 reps, 3 sets***

***Walking lunges 24 reps, 3 sets***

***Dips (triceps emphasis) 12-15 reps, 3 sets***

***Body weight squats (heels elevated) 12-15 reps, 3 sets***

Smart, well balanced workouts is what we should strive for during this month of Ramadan

HELP A STRANGER & MAKE THEIR DAY

**Donate blankets, gloves, coats etc.**

ENCOURAGE OTHERS TO GIVE

**Support a Toy box scheme**

**Give as you shop**

*charity*  
**Make a Bigger Difference This Year!**

MAKE MORE OF YOUR MONEY

**Shout loud on social media**

GIVE YOUR TIME

**Donate your unused gifts**

GIVE MONEY

**Donate blood**

**Volunteer your time in a homeless shelter**

# Celebrating Ramadan



**Decorate with  
Dates**

**Write Eid Cards**

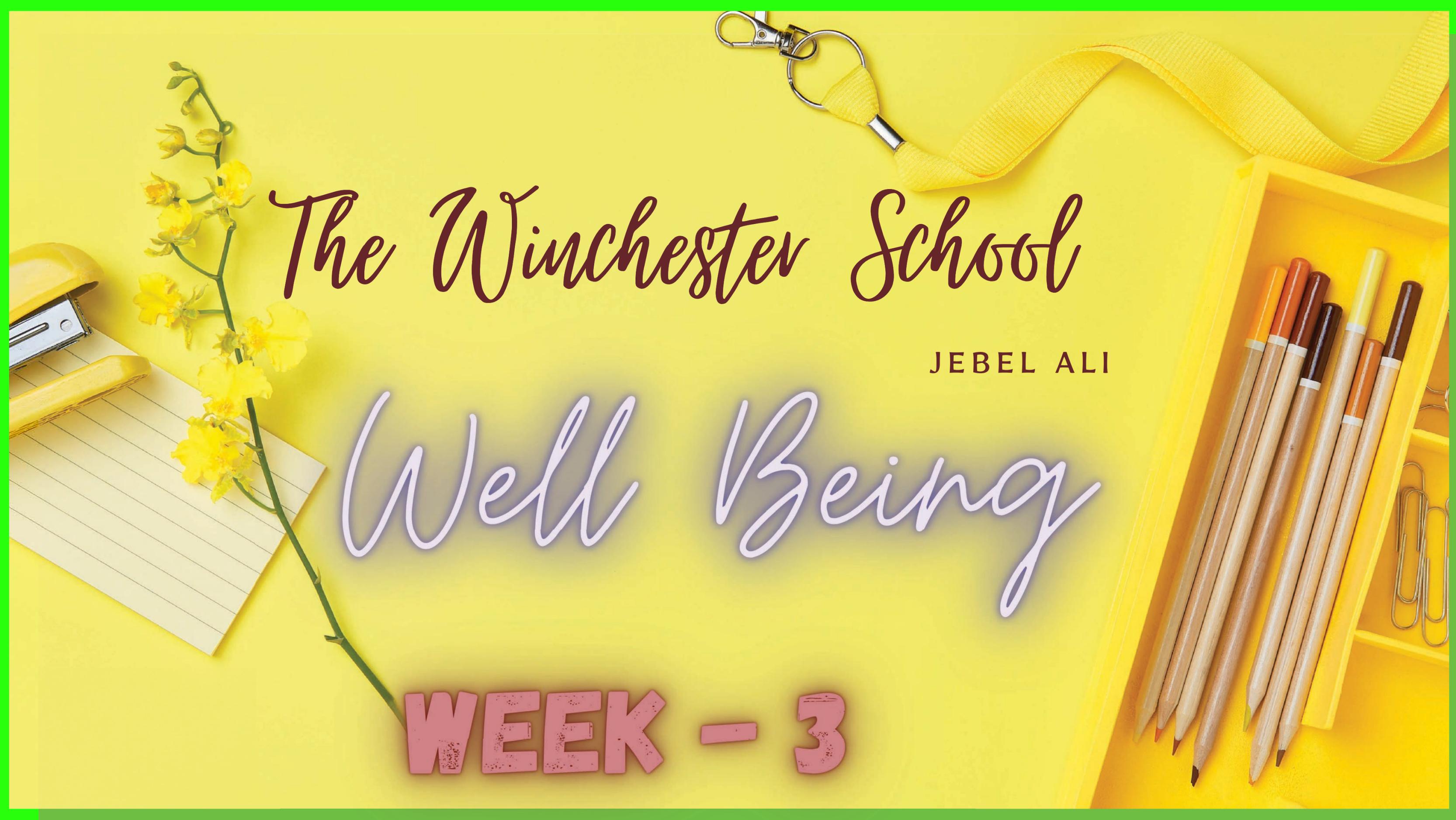
**Wrap Gifts**

**Scent your Home**

**Light Lanterns**

**Share Iftar with  
your Neighbour**

**Practice fasting  
during the day  
and breaking  
fast at night.  
You should work  
on improving  
your inner self  
during this time,  
to celebrate Eid  
al Fitr with your  
friends and  
family.**



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**WEEK - 3**

**Listen to Yourself**

**Make Time for Reflection**

**Play to Your Strengths**

**What lights you up?**

**Don't Be Afraid to Change Your Mind**

**Know Thyself. Figure out What Matters to You!**



*success*

**TIPS**



# Family Togetherness & Well Being

**INTERNATIONAL DAY OF FAMILIES, 15TH MAY**

**Family fun is an important part of building a strong family identity. When families have fun together, it builds a bond that can last a lifetime. Traditions are often developed in times of fun. Those traditions help define the bonding & well being of family.**

**It's a Great Idea to Book a Family Photo Shoot**

**Get excited about time together by picking a beautiful outdoor location for the pictures and picking out an outfit**



**MAY 17**  
**WORLD BAKING DAY**

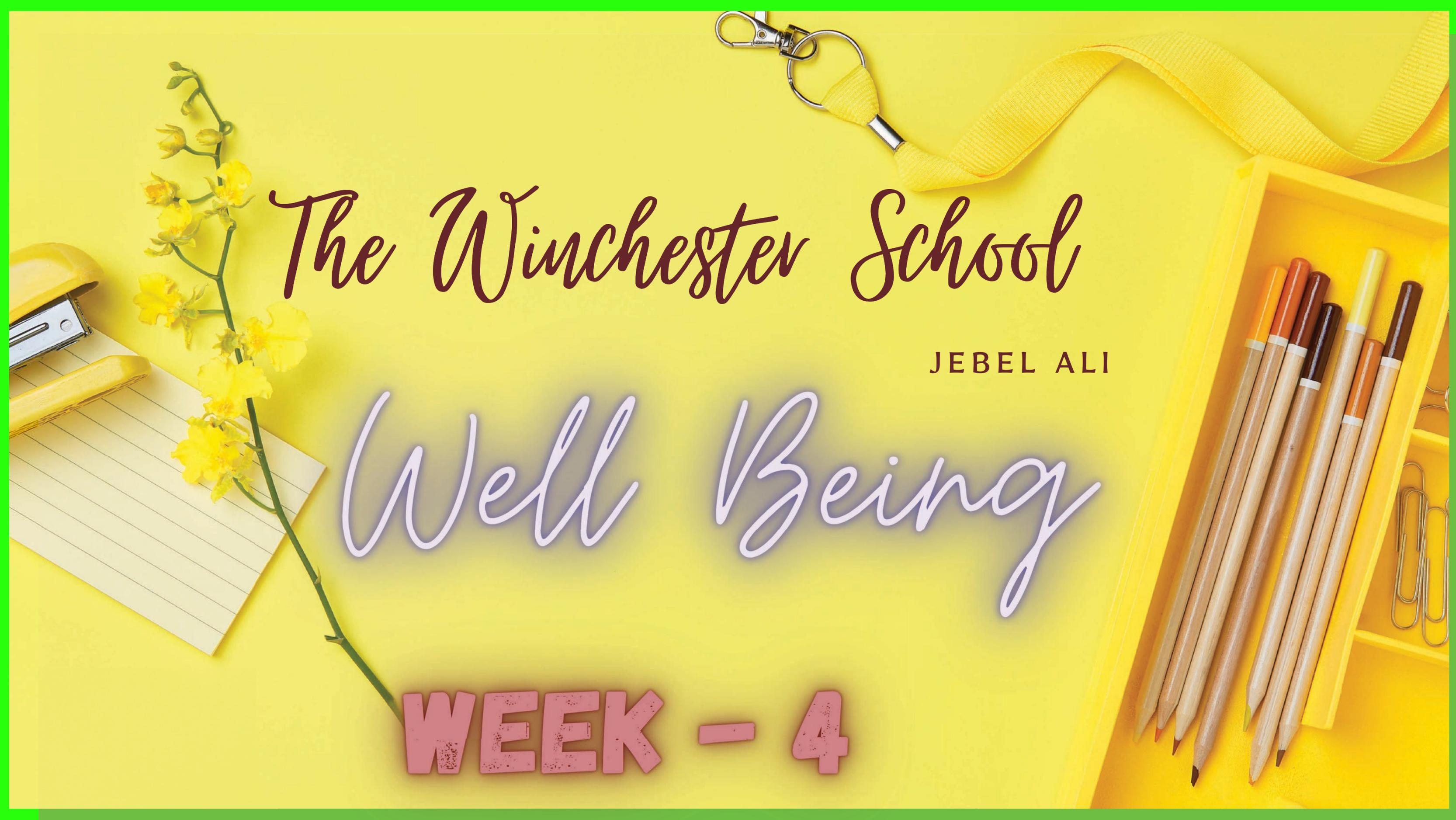
**It's time to dig out that rolling pin and prepare something delicious! Surprise a friend, neighbor or relative with a delicious sweet or savory treat to let them know how much you care, or just make something to enjoy in your own home. However you decide to celebrate this day, make it deliciously unforgettable!**



**Every year on May 21st, the World Day for Cultural Diversity for Dialogue and Development urges everyone to do their part to bridge the gap between cultures. The day is often referred to as Diversity Day.**

## **HOW TO OBSERVE #DiversityDay**

**Make your home reflect cultural diversity by the art, music and books you display; the movies and television shows you watch; and the restaurants your family patronizes.**



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**WEEK - 4**

# CREATE YOUR OWN STORY

Draw inspiration from what is around you  
and decide how you would like to create

**Your Story**



**Will you do a short picture book story, a play  
or maybe a long form masterpiece?**

**Have fun with the characters and plot and  
enjoy expressing your ideas through  
Storytelling.**

JUST  
FOR  
YOU

The worst enemy to creativity is self-doubt

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## WELLBEING ACTIVITIES FOR HAPPY STUDENTS

### Mindfulness Activities

A simple mindful breathing, mindful eating or mindful walking activity is a good place to start. Mindfulness activities are a great way to connect as a family or as a class.

### Mindful hand washing

Washing your hands is important to keep you healthy & safe. Washing your hands provides a great time to practice mindfulness and to be in the present moment.

### GRATITUDE

By simply being grateful, children and young people can experience a greater sense of optimism, happiness and calmness.



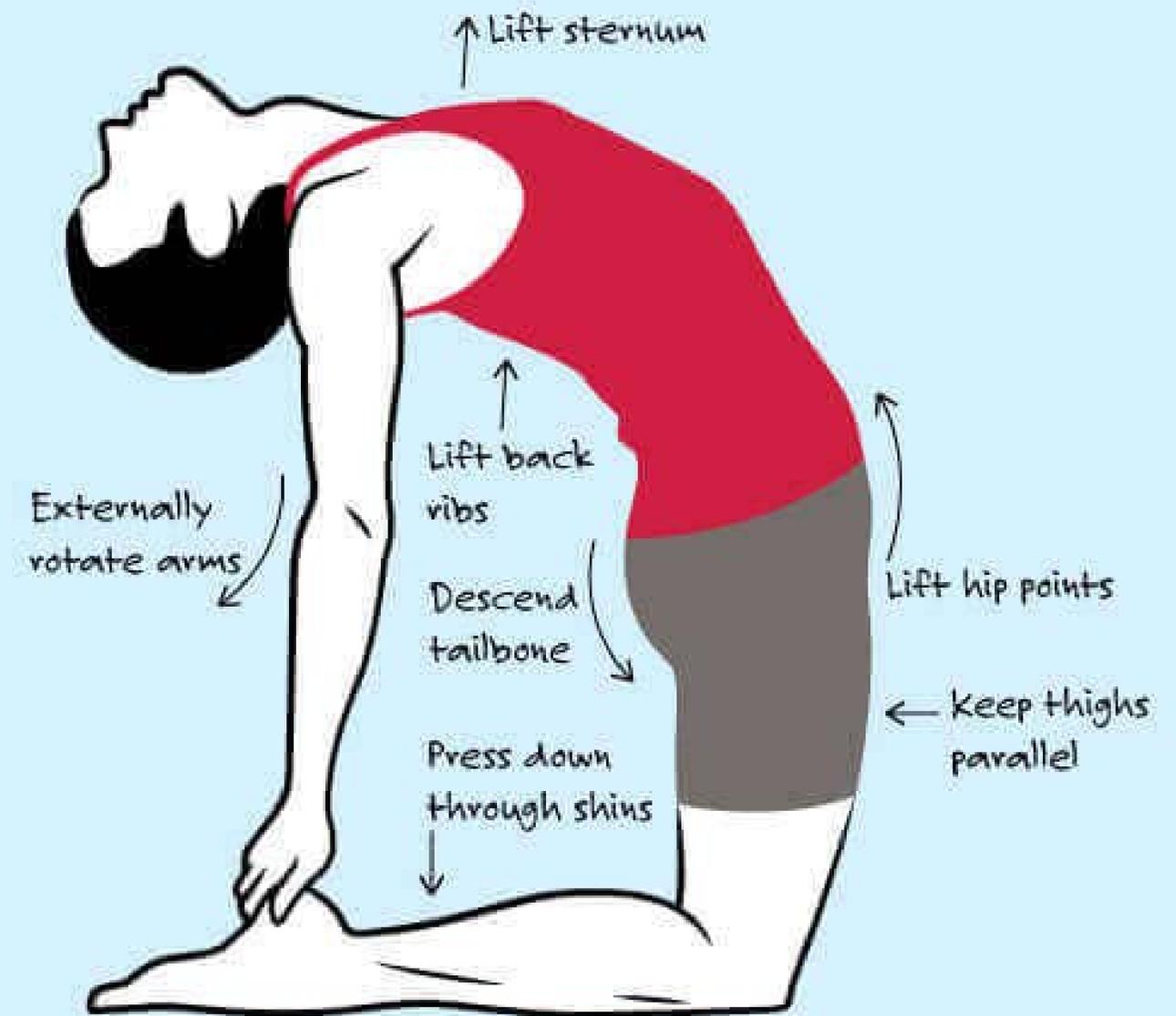
**SELF-CARE  
FOR  
WELL BEING**

# YOGA TO CURB ANXIETY

- Can help build Confidence and Empowerment
- Improves posture and counteracts the effects of prolonged sitting while Studying
- Stretches and strengthens the shoulders and back.
- Improves posture.
- Opens the chest, improving respiration.
- Can counteract slouching

## Camel pose: Ustarasana

### POSE NOTEBOOK: CAMEL POSE



# Environmental Well-Being

- **Environmental wellness is having good health by occupying pleasant, stimulating environments that support well-being.**
- **It promotes interaction with nature and also creating an enjoyable personal environment.**
- **Live a lifestyle that is respectful of our surroundings.**
- **Live in harmony with the Earth by taking action to protect it. Here are some ways of doing it:**
  - **Plant and tend a garden**
  - **Remove clutter from your home/school**
  - **Use reusable bags**
  - **Improve Air quality for well-being and resilience by reducing air pollution**



**PROJECT OF THE MONTH- May 2021**

**CULTURAL DIVERSITY**

# CULTURAL DIVERSITY

**What is cultural diversity and why does it matter?**

**The things you do and the practices you were taught inform who you become.**

**Culture is a broad term that encompasses beliefs, values, norms, behaviors, and overall can be understood as our “way of being.”**

**When you go out into the world, you will come into contact with people from different backgrounds and walks of life. It’s a good rule of thumb to honor cultural diversity with your actions.**

**We have got an interesting project this month which will allow you to know more on the Cultural Diversities around You.**

**WE HAVE 3 CATEGORIES:**

**LEARNERS, AESTHETES, FOODIES**

**FROM WHICH YOU CAN SELECT ANY ONE ACTIVITY LISTED**



**SUBMIT THE PROJECT WITH YOUR  
NAME, YEAR, SECTION & HOUSE GROUP  
FOR EARNING HOUSE POINTS**



- YOU CAN SEND AN EMAIL TO: [winchwellbeingpost@gmail.com](mailto:winchwellbeingpost@gmail.com)  
OR**
- CLICK ON THE LINK BELOW TO POST IMAGES,  
VIDEOS, OR ANY EVIDENCE OF YOUR PROJECT**

**<https://padlet.com/kanchanpalakode2004/gmyioabhyj83krow>**

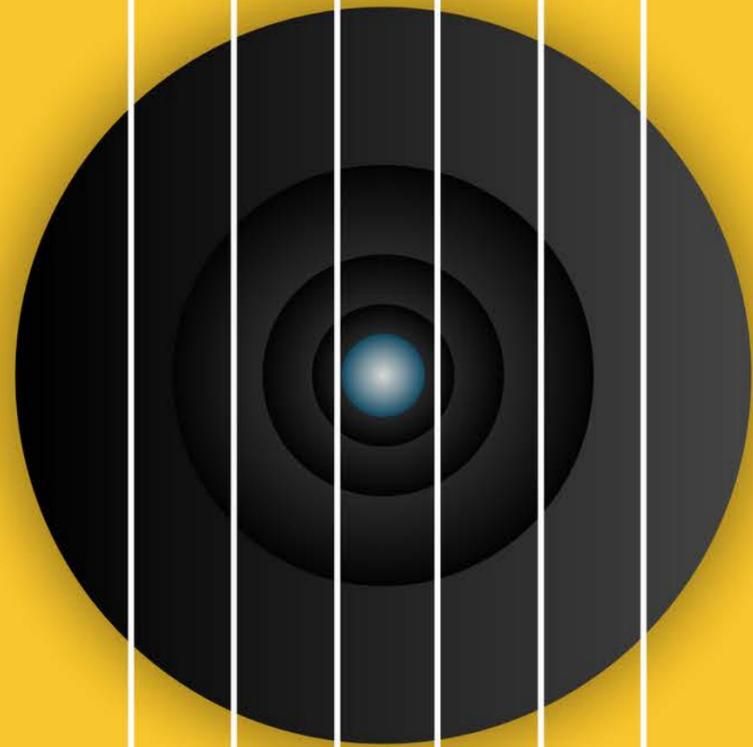
**SEE DETAILS ON THE PROJECT IN THE NEXT SLIDE**

**PICK ANY OF THESE ACTIVITIES FOR THE PROJECT**

# Category: LEARNERS

- **Visit online an art exhibition or a museum dedicated to other cultures that offer Virtual Tours**
- **Learn about another Religion**
- **Volunteer with an organization working for Diversity and Inclusion**
- **Read books about other Countries and their Special Cultures.**
- **Connect with any of your friends in school of a different Nationality and learn 5 sentences or a song in their Language.**

**PICK ANY OF THESE ACTIVITIES FOR THE PROJECT**



## *Category:* **AESTHETES**

- Listen to a Musical Tradition from a different Culture
- Watch an International Film
- Play a Sport related to a different Culture (Karate, Cricket)
- Make an album about Fashion in different Cultures or Countries by connecting with your friends of different Cultures.

# PICK ANY OF THESE ACTIVITIES FOR THE PROJECT

## Category: **FOODIES**

- **Cook a special recipe from any other Culture of your choice and share and enjoy the new flavors of the dish.**
- **Connect with your friends and know about Traditional Food and Celebrations from a different Culture.**
- **Make your home reflect Cultural Diversity by the Art, Music and Books you display; the Movies and Television shows you watch; and the Restaurants your Family Patronizes.**



*Our Instagram page: @fieldnotesofmentality*

**Your Feedback Is Appreciated**

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