

# Friday 5th February is **Well-being Day**

Teachers will not be setting live lessons on **well-being day**. They won't even be setting work for you to do.

Instead we want you to **spend a day away from your screens**, doing things that will be good for your mental or physical well-being. Here are 17 ideas for how to use the day — why not plan ahead with your parent/carer?

We'd love to hear how you've got on. Please keep a short journal of what you've done, and what's worked, and send it to your Form Tutor, cc-ed to me — we'd love to know what you get up to!

S Brierley, Principal.



**Pamper your pet**

Groom, walk, play ball — you'll both benefit!



## Get in touch

Reach out to a friend or relative you haven't seen for a while.

Speak to them — don't text!



## Ever tried praying...



...accompanied by some music?

## Nature walk

Go for a local walk. Any signs of spring?



## Puzzle

What's the smallest rectangular wordsearch that contains the words ONE, TWO, THREE etc up to TEN?



## Curl up with a book!

Pure escapism! Mrs Bell's reading list will be sent out by e-mail soon.

## Create

...some art (just a drawing!) or some music (just a song!)



## Play a board game...



## Who do you think you are?

Draw up your family tree. How many generations can you go back? Where did your grandparents live? What did they do?

## Ride your bike



## Make life easier...

...for someone else in your household. Mend something that's been broken, Hoover a room or two — or just make somebody else a cup of tea!



## Bake!

Bake some scones... or some biscuits... or even some bread — worth it just for the smell!



## Go for a run



## Declutter...

your bedroom... redesign your living space... relax!



## Write a letter

...or a card, to someone who has helped you since this third lockdown began



## Got a jigsaw?

Get it done, or puzzle: what is the smallest number of edge pieces a 500+ piece jigsaw can have?

