



LEARNING AT HOME WELLBEING

MINDFULNESS MONDAY

- 1 Community can access the **Guide to Keeping Healthy** via email to staff and students or by clicking on the **Guide to Keeping Healthy link** on the **Learning at Home Wellbeing Guide**
- 2 Watch the live streaming of the Zoo's most beloved animals and activate different parts of your brain as you take in the day of an otter, elephant, tiger, meerkat and seals
Taronga zoo: live animal cam
- 3 Complete a body weight circuit: Use one of the support resources provided

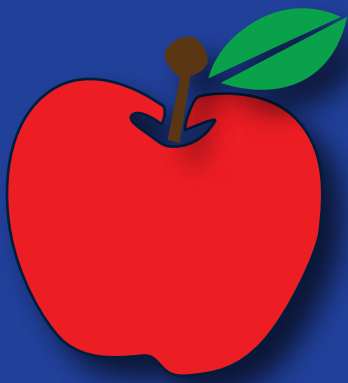
WELLBEING WEDNESDAY

- 1 Begin a jigsaw puzzle and spend half an hour each day trying to complete it
- 2 Watch your favourite movie and take 5 minutes afterwards to reflect on how it made you feel
- 3 Choose one of the PE Lessons with Joe videos to complete
- 4 Treat your and cook Mr Fitzgerald's favourite nourishing meal, **Sweet Potato & Chickpea Curry**

FEELIN' FINE FRIDAY

- 1 **Get up and dance: Can't stop the feeling: JT**
- 2 Put on some music and grab a lego set and build something. Set a challenge up between you and your friends and post what you created
- 3 Complete between 30 - 100 push-ups over the course of your day

KEEP HEALTHY

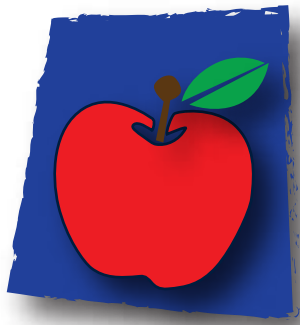


LEARNING AT HOME WELLBEING



Life has changed so much over the past few months. It is vital for your Mind, Body and Spirit that you take care of your health and understand the important role it plays in both your physical and mental wellbeing.

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This week we want you to be mindful of the following things each day:

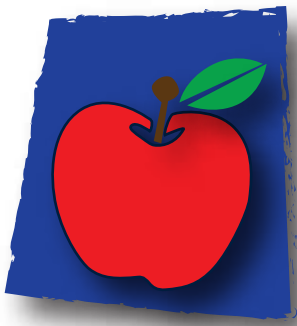
Exercise

Exercise is a critical component when considering one's wellbeing and their quest to maintain a positive mindset, especially considering the current circumstances. Below are some strategies and resources created and compiled by the PD/H/PE department, which can support your physical and mental health, whilst learning remotely.

STRATEGIES

Movement Opportunities Complete daily	Design opportunities Complete 1 option a week	Improving health/ Getting active Complete 3 options a week	Improving wellbeing Complete 2 options a week	Sports / Recreation Optional activity
Every day try to accumulate 30-60 minutes of physical activity and log this in the weekly logbook provided	Design a body weight circuit for you to complete at home.	Go for a 15minute slow jog and take your heart rate at the end. Record this. Consider the measures you will need to take to practice social distancing	Choose one of the PE Lessons with Joe videos to complete	For a sport of your choice, Write down all the important skills to make an athlete successful Keep a log of this on the doc below
Every day try to accumulate 30-60 minutes of physical activity and log this in the weekly logbook provided	Create a game: Come up with a game. Give it a name Explain the rules Draw diagrams Submit on a separate document	Complete between 30 - 100 push ups over the course of your day. Record what you did and try to beat it at another time: Attempt 1: 2:	Choose one of the Nike Training Club workouts from the link in the resource section.	Create 3 balls using socks (or you can use tennis balls) and learn to juggle. Record your attempts using your phone
Complete a body weight circuit: Use one of the support resources provided	Download a map of your local area and design a running or cycling track that is roughly 5 km long	Complete a 15-20-minute stretching session	Complete a log of your sleep for a week	Watch an online yoga or dance video and copy, recording your final product
Complete a 2 nd body weight circuit with different activities	Design an instructional video to complete a skill of your choice or if you are feeling adventurous, a 5 minute Workout	Participate in an individual physical activity of choice that gets your heart rate up and makes you sweat Activities could include: Jogging Cycling Interval running	Download the Smiling mind app and participate in breathing or meditation activities Or look up meditation activities online and copy	Research an obscure sport and get links to a YouTube video of it
Complete one of the HITT or Tabata workouts		Do a plank or wall sit for 2 minutes		

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SUPPORT RESOURCES

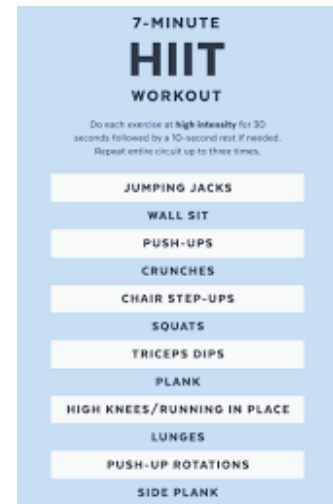
Example of body weight circuit

20-30min body weight workout

<https://www.youtube.com/watch?v=Rz0go1pTda8>

Body Weight exercise examples

<https://www.youtube.com/watch?v=agwCQ4KdC70>- top 10 body weight exercises



Helpful Resources - Nike Training Club, P.E. Lessons with Joe, Yoga, dance and Meditation

Nike Training Club (Download the Free App Here <https://apps.apple.com/au/app/nike-training-club/id301521403>). This contains loads of free workouts/plans which you can choose from. You will need to create a free account using your school email.

P.E. Lessons with Joe <https://www.youtube.com/watch?v=Rz0go1pTda8>

Just dance routines - <https://www.youtube.com/watch?v=yQ4fTl4wbko>

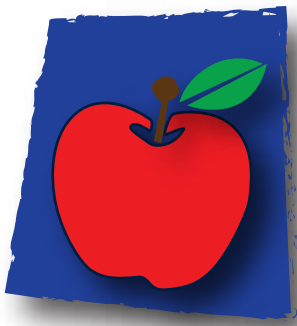
10 min yoga workout for beginners <https://www.youtube.com/watch?v=VaoV1PrYft4>

Smiling mind webpage and app link <https://www.smilingmind.com.au/smiling-mind-app>

Smiling mind sign up <https://app.smilingmind.com.au/account/signup/>

Free access to all apps for students/teachers - Down Dog, Yoga for Beginners, HIIT, Barre, 7 Minute Workout, downdogapp.com/schools

KEEP HEALTHY



Why is my nutrition important during this time?

Maintaining a nutritional diet whilst in isolation is vitally important for everyone, regardless of age. The [Australian Department of Health](#) states a healthy diet can aid your gut health, which affects your mood and what we eat affects how we feel. Consequently, nutrition is of the utmost importance during this remote learning phase.

The [World Health Organisation](#) highlights the importance of eating healthily through:

- Limiting sugar, salt and fat intake
- Watching portion sizes
- Consuming fibre
- Staying hydrated

[Eufic](#) adds to the list above by advocating for a balance and varied diet and establishing a routine and practicing mindful eating.

[The Dieticians Association of Australia](#) echoes the above two organisations by explaining the dietary requirements of a teenager and the benefits one can gain from eating meals with your family.

Humour and playfulness

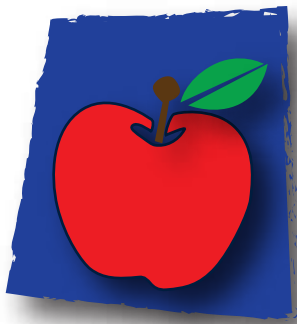
“Humour helps us take back control and connect - two things we have lost in our fight against the pandemic.” (Mctague, The Atlantic, 2020)

Not that we always take notice of this, but with humour comes an element of healing. This can be achieved in various forms and through various mediums. During this time of remote learning and isolation, it is important for you and your friends to connect in a social capacity. Through conversing, having a joke or sharing of humorous videos etc, one can improve their wellbeing through connecting with others and having control over their emotions. In essence, laughter is the best medicine and brings about a vast array of health benefits from releasing endorphins, to boosting immunity, to lowering stress, to staying positive and hopeful as detailed by the [Help Guide](#).

Strategies we can use to promote humour in our lives:

- Group chats with friends and phone call conversations
- Sharing of jokes, memes, videos on the internet
- Connecting with your parents and siblings i.e. through playing board games

KEEP HEALTHY



What's up with my brain?



- Did you know that your brain is twice more active than an adult. Take 4 mins and watch: [Dr Siegel's adolescent brain](#)
- Your brain craves to be active and stimulated through various activities.
- For example if you: learn something new, use all your 5 senses when engaging in an activity, exercise like running, walking, cross lateral and balance exercises increase the neural connections within the brain across both hemispheres.
- Did you know that your left and right hemispheres **work together**? Interestingly, depending on what you are doing they **shift responsibility** between them.
- When you **strengthen** the connections between the hemispheres you are improving your creativity and general emotional and physical awareness and wellbeing.
- **Fun fact:** Did you know this changes every 90 minutes. You can easily observe this phenomenon if you notice which nostril is open!
- Dr. Dan Siegel (Child Psychiatrist and creator of Mindsight) explains that our brain is also a social organ and holds great capacity to enhance our wellbeing.
- He encourages us to actively use our brain by **observing, using objectivity** (having a non judgemental perspective and seeing how things make us feel) **and an openness** in all that we experience.
- Have a look at [Dr Siegel's Hand model of the brain](#)
- When you use your brain you are experiencing and processing the reflective relations between people and situations which creates **neural elasticity**.
- **Elasticity** is the ability to meet challenges, to be flexible in the way you process and make sense of things, to examine the positive, adapt to change, being mindful, and encourage creative ideas for yourself and others.

Hence, it is vital to have a healthy brain, which can be attained through a healthy diet, exercise, sufficient sleep, undertaking mental challenges and stress management. Each of these contribute to healthy brain function and importantly, help regulate your moods and how you are feeling.

The **Learning at Home Wellbeing Guide** raised the importance of exercising the left (analytical) and right (creative) sides of your brain. For this to be achieved, [brain fitness](#) must be maintained.

What things can I do to keep my brain healthy?

- Jigsaw puzzles, memory games and card games that use speed and accuracy
- Maths and word challenges
- Write a creative story **or** listening tasks like an audiobook, a podcast
- Draw, paint, build **or** Exercise for 15 mins a day
- Cooking and baking **or** pick up a new hobby **or** interest

Play an instrument **or** listen to a playlist you put together. [How Music Affects Your Brain](#). Did you know that there are **6** great reasons why singing is downright good for you: **1.** Boosts your immune system **2.** Relieves stress **3.** Benefits your heart **4.** Increases your energy **5.** Improves your memory **6.** Fosters clear thinking through correct breathing.

KEEP HEALTHY