

## Wellbeing Boost for Schools Week Five – TRYING OUT



<b>GIVING</b>	 Do things for others	<b>DIRECTION</b>	 Have goals to look forward to
<b>RELATING</b>	 Connect with people	<b>RESILIENCE</b>	 Find ways to bounce back
<b>EXERCISING</b>	 Take care of your body	<b>EMOTIONS</b>	 Look for what's good
<b>AWARENESS</b>	 Live life mindfully	<b>ACCEPTANCE</b>	 Be comfortable with who you are
<b>TRYING OUT</b>	 Keep learning new things	<b>MEANING</b>	 Be part of something bigger

Dear Colleagues

Welcome to our fifth Wellbeing Boost of this term – TRYING OUT. What new things have you learnt since Christmas? I bet you have learnt something new. If you have only just discovered these Wellbeing Boosts you can start to use them and share them whenever you wish.

*'I've always wanted to try new things because it's exciting and it keeps you active and alive.'* Robert Redford





## TRYING OUT Keep learning new things



Creativity  
and flow  
enhance  
wellbeing



Plan one new thing you can try out this week – when will you do it?

When do you 'lose' yourself in activities? What do you notice?

ACTION FOR HAPPINESS

*'People who engage in a variety of experiences are more likely to retain positive emotions and minimize negative ones than people who have fewer experiences.'* Rich Walker, a Psychologist speaking with TIME Magazine.

Why not try researching what is written in TIME about Health and Happiness.

[http://content.time.com/time/specials/2007/article/0,28804,1631176\\_1630611\\_1630512,00.html](http://content.time.com/time/specials/2007/article/0,28804,1631176_1630611_1630512,00.html)

**Try out some of these activities for yourself, your family and the children you may work or live with. Ask the children for suggestions, do and review!**

- ✓ Walk/run a different route when taking exercise
- ✓ Learn to say hello and goodbye in 10 different languages and see if anyone can respond – find a buddy to do this with
- ✓ Find a new song or tune to sing or play
- ✓ Cook a new recipe, or cook to give your partner a break
- ✓ Play a new game with your children
- ✓ Learn new techniques using technology
- ✓ Sign up for an online learning course
- ✓ Start a new craft/hobby
- ✓ Do some different types of puzzles
- ✓ Make a card for someone you care about and give it to them
- ✓ Try a new physical activity
- ✓ Learn a new musical instrument

## More Possibilities

[www.actionforhappiness.org/events](http://www.actionforhappiness.org/events) give lots of live and recorded webinars about a range of wellbeing activities. They also have a YouTube Channel. I am trying one tonight on mental fitness – very apt for these difficult times.

Find out what is happening in Northampton with your local Action For Happiness Group by signing up for their monthly newsletter and follow on Twitter, Facebook and Instagram [A4HNorthants@gmail.com](mailto:A4HNorthants@gmail.com)

There are lots of courses for adults and children that I discovered this week through Microsoft. <https://www.microsoft.com/en-gb/store/workshops-training-and-events/#page=1&pageSize=24&when=02-14-2021> Topics range from starting your own business from the age of 8, to coding skills, visiting the Smithsonian Space and Science Museum, Photography, etc



We have now explored GREAT, so I hope you have been able to carry out some of the suggestions. Feel free to share this and the other wellbeing boosts when you connect with friends, colleagues and family.

John Fardon (Education Inclusion Officer – Mental Health)