

# Ysgol Clywedog 5 ways to well-being



Cysylltu  
Connect

Being kind, supportive and being a part of a community is crucial during these testing times.

- Leave encouraging messages to those that pass your home – posters supporting frontline workers/NHS in windows, chalk messages etc.
- Help out by clearing any rubbish (wearing gloves), put washing out to dry, clean the house, water the plants and flowers, complete house chores without being asked.
- Support the vulnerable that may be self-isolating by posting kind messages or gifts (under parent/guardian supervision)

#### Indoor Activities

- Wash, dry and put the dishes away, clean work surfaces, do your own laundry, clean the house, help to plan and prepare your meals.
- Write letters to family, friends and neighbours that you are unable to spend time with currently.
- Create and send cards to those that may currently be self-isolating.

Please note that everyone responds differently during challenging times.  
Offer a helping hand to those that may be struggling.



Bod yn fywlog  
Be active

It is recommended that you participate in a minimum of 30 minutes of physical activity and exercise per day.

Regular exercise makes you feel better, breaks up the day and keeps you healthy.

- Go for a local walk – take notice of what you see, hear and smell
- Go for a run
- Go for a cycle ride
- Exercise in your garden, drive or back yard – trampoline, circuit training etc
- PE with Joe Wicks - <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>
- 'Yoga for Teens'  
<https://www.youtube.com/watch?v=7kgZnJqzNaU&list=PL1O2hy0KhvCJVjLmu3vifmZ9gKM7-IckD>
- Ideas for keeping active from Sports Wales – <https://www.sport.wales/beactivewales/>

Try and be creative and adapt your physical activity routine as much as possible. Get some fresh air everyday: *"There is no such thing as bad weather – just the wrong clothing"*



Dal ati i ddysgu  
Keep learning

It is important that we keep using and training our brains and use this opportunity to learn and develop new skills.

- Learn sign language
- Learn a new skill – juggling, circus skills
- Learn a new language
- Start a blog – could use it to note your progress in developing a new skill
- Take this opportunity to read- books, magazines, autobiographies

Keep a diary of what is happening each day and to note down any new skills you have developed.



Bod yn sylwgar  
Take notice

It is important that you stop and take notice of your behaviours and habits.  
Make sure that you are making good and healthy lifestyle choices

- We recommend that you have as healthy a routine as possible and divide your day up into work, rest, exercise, meals, hobbies, etc.
- Emotional eating occurs when food is used to soothe or suppress negative emotions such as isolation, anger, boredom or stress. Try to avoid snacking and help to plan and prepare balanced healthy meals during routine mealtimes.
- Keep a healthy sleep pattern where you are getting your minimum 8-10 hours of sleep and keep regular bedtime routines where you are not using electronic devices at least 1 hour before sleeping.
- Stay hydrated by drinking plenty of water throughout the day.

Choose one healthy habit to work on each week – think about the challenges you faced.  
Share your goals with others in your household and ask them to support you with your next healthy habit activity

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Rhol  
Give

Offer your time and effort to others

- Keep in contact with a member of your family, phone a friend, Skype, Facetime or Teams call – check in with others to make sure they are okay.
- Send letters to elder relatives, friends or neighbours.
- Make a video of something you are doing, talk about it and share it with others.

Allow yourself some personal time for relaxation

- Give yourself a break - 'Mindfulness for Teenagers'  
[https://www.youtube.com/watch?v=ar\\_W4jSzOIM&list=PL76Tcrfnqvw54sTn4fbH4RiLQ\\_-PGFiQs](https://www.youtube.com/watch?v=ar_W4jSzOIM&list=PL76Tcrfnqvw54sTn4fbH4RiLQ_-PGFiQs)
- 'Fablefy – The Whole Child' (5 minutes a day)  
<https://www.youtube.com/watch?v=R9w7SjHaZmE>
- [Apps](#) – Headspace or Calm

Write a summary of the daily news for your household. Ask for other people's opinions on what is going on and ask about their hopes and fears.

Some  
additional  
ideas

WHAT DID YOU DO TO NOT GET BORED TODAY?

MORNING

AFTERNOON

EVENING

Details of the Day.....

Let's get down to the nitty gritty... write away!

7am

8am

9am

10am

11am

12pm

1pm

2pm

3pm

4pm

5pm

6pm

7pm

8pm

9pm

10pm

Make exciting  
future plans