

TIME FOR WELLBEING

30 wellbeing activities themed around the 5 ways to wellbeing

MON **Connect**
Connect with the people around you. With family, friends and teachers.
Building these connections will support and enrich you every day

TUE **Be Active**
Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.
Exercising makes you feel good. Discover an activity you enjoy

WED **Take Notice**
Catch sight of the beautiful. Be curious about the unusual. Notice the
changing seasons. Be aware of what you are feeling. Notice what matters to you

THU **Keep Learning**
Try something new. Set a challenge you will enjoy achieving. As well as
being fun, learning new things will make you more confident

FRI **Give**
Do something nice for a friend, or a stranger. Thank someone. Smile. Seeing
yourself, and your happiness, linked to the wider community is incredibly rewarding

#Timeforwellbeing

@ChalleNGeNottm



Secondary Teachers' Guide

2-3 min videos every day of November 2020!

MON

Connect

TUE

Be Active

WED

Take Notice

THU

Keep Learning

FRI

Give

Date and Activity	Resources	Further links
<p>Mon 2nd: CONNECT Connect with someone new and energise your wellbeing.</p> <p>Video by Clive Foster, Senior Minister at the Pilgrim Church, Nottingham and Multi-faith Manager, Nottingham Trent University</p>	<p>No resources needed.</p> <p>In this video, Clive encourages pupils to make a new connection with someone they don't know, by simply asking "Hello, how you doing?"</p>	
<p>Tue 3rd: BE ACTIVE Feed positive mental health and celebrate what your body can do by raving to 2 to 3 of your favourite tunes.</p> <p>Video by Charmaine Daley, Zumba instructor & Ambassador for the 'This Girl Can' campaign</p>	<p>No resources needed.</p> <p>Charm encourages us put some music on move around to boost endorphins, all the natural chemical happy feelings.</p> <p>'Switch the music on and switch the world off'.</p>	
<p>Wed 4th: TAKE NOTICE Take Notice of your hindering thoughts - they affect how you feel! Let's flip them and see what happens</p> <p>Video by Jackie Wilson, Emotions Toolkit</p>	<p>No resources needed.</p> <p>Try re-phrasing your limiting thoughts!</p>	<p>Jackie Wilson, emotionstoolkit@gmail.com www.emotionstoolkit.com</p>
<p>Thur 5th: KEEP LEARNING Keeping Curious... looking at the science of materials and the questions you can ask.</p> <p>Video by Rick Hall, Ingite Futures</p>	<p>No resources needed. Rick Hall tells us about the 4 main questions that will keep us curious... How is it made? How does it work? How does it move? How does it change? Looking the history and importance of 5 kinds of carbon...</p>	<p>Rick Hall, rick@ignitefutures.org.uk www.ignitefutures.org.uk (A charity that works with schools, youth groups and communities to develop curiosity in a creative way.) Nottingham Festival of Science and Curiosity www.nottsfosac.co.uk 10-17 Feb 2021</p>
<p>Fri 6th: GIVE Do something to brighten someone's day - random acts of kindness.</p> <p>Video by two 16 yr olds, Sara and Mason</p>	<p>Sara and Mason's random act of kindness was to buy some bunches of flowers, split them into smaller bunches with a positive note, and leave them on people's doorsteps. What could your pupils do as a random act of kindness?</p>	<p>Let us know @ChalleNGeNottm hello@challengenottingham.co.uk</p>

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<p>Mon 9th: CONNECT Connecting with yourself - Boosting your self-esteem</p> <p>Video by Claire Clements, Positive Pants</p>	<p>No resources needed. Think of someone you look up to, and write down all the words that come to you when you think about that person. Think of their qualities and how they relate to you. Think of one thing you can do to inspire and help someone else.</p>	<p>claire@positivepants.co.uk</p>
<p>Tue 10th: BE ACTIVE Moving for Mood-boosting! Have a short burst of movement to raise your mood and heart-rate!</p> <p>Video by Louise Kay, Lakeside Arts</p>	<p>Up and out of our chairs... 2 mins shoulder rolls, stretch to ceiling and toes, arm wheels, jump on the spot, star jump, circle hips and shake hands!</p> <p>Pupils may need some space to move safely.</p>	<p>Lakeside Arts, louise.kay@nottingham.ac.uk</p>
<p>Wed 11th: TAKE NOTICE Ekphrastic writing - use a piece of visual art as inspiration for mindful, descriptive writing.</p> <p>Video made by poet, Leanne Moden, from Nottingham City of Literature</p>	<p>No resources needed</p> <p>Being observant helps us to be calm. Leanne finds a piece of art she likes and writes about it, and encourages you to do the same.</p>	<p>Leanne Moden, leanne@nottmcityoflit.org UNESCO City of Literature www.nottinghamcityofliterature.com</p>
<p>Thur 12th: KEEP LEARNING What do insects do for us? Find out and take actions to stop their decline!</p> <p>Video by Nottinghamshire Wildlife Trust</p>	<p>No resources needed, but free action pack for schools available.</p> <p>Encourage your pupils to write a persuasive letter to their headteachers or governors to make a difference for insects and wildlife at school.</p>	<p>Claim your free schools 'Action for Insects' pack www.nottinghamshirewildlife.org</p> <p>Claim pack: www.wildlifetrusts.org/take-action-insects</p>
<p>Fri 13th: GIVE Give the gift of music and share your favourite song with someone.</p> <p>Video by Tashaka Baumber, Vocalist</p>	<p>No resources needed</p> <p>The benefits of singing and music the same for us all.</p>	<p>www.tashaka.co.uk</p>

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<p>Mon 16th: CONNECT The People's Forest - planting a spiral of oak trees to reconnect Nottingham with Sherwood Forest! Video by Nottingham Open Spaces Forum</p>	<p>Accompanying Activity sheet</p>	<p>www.nosf.org.uk/the-peoples-forest.html</p>
<p>Tue 17th: BE ACTIVE Learn 'square breath' to help you calm your body and reduce stress in everyday life. Video by Karen Hunter, Evolve CIC</p>	<p>No resources needed.</p>	<p>evolvenottingham@outlook.com www.evolvenottingham.com</p>
<p>Wed 18th: TAKE NOTICE Turn the class room into an art gallery - create sculptures by asking others to strike a pose. Viewers of the sculptures take notice of what they see. Video by Orla, Lit Theatre Co.</p>	<p>Orla describes a fun guessing game, for pupils in small groups.</p>	<p>Orla O'Connor orla@littheatre.org</p>
<p>Thur 19th: KEEP LEARNING Alternative activities away from the screen. Learning about social media. Video by Freedom Foundation</p>	<p>Pupils are challenged to be without their phones for a while and consider regular times away from the screen.</p>	<p>www.freedomfoundationuk.org</p>
<p>Fri 20th: GIVE Give yourself the opportunity to thrive - recognising your own strengths and qualities. Video by Jackie Wilson & Claire Clements, Positively Empowered Kids</p>	<p>No resources needed.</p>	<p>pekic@gmail.com www.positivelyempoweredkids.co.uk</p>

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<p>Mon 23rd: CONNECT Exploring relationships - discovering what we think makes up a healthy relationship</p> <p>Video by Maeve Morgan, Nonsuch</p>	<p>Accompanying Activity notes for classroom activity and discussion.</p>	<p>maeve@wearenonsuch.com www.wearenonsuch.com</p>
<p>Tue 24th: BE ACTIVE Have a go at laughter yoga and discover the benefits of a good belly laugh.</p> <p>Video by Teresa Towle, Get Out, Get Active</p>	<p>No resources needed. Encourage laughter!</p>	<p>Teresa Towle</p>
<p>Wed 25th: TAKE NOTICE Look for nature in unexpected places. Find out what it is. Share an interesting photo.</p> <p>Video by Nottingham City Museums and Galleries</p>	<p>No resources needed - Sue Mallender encourages you to take photos on your phone of the wildlife around you. If under 17, send pictures to enter the 2021 Young Wildlife Photographer of the Year by 10th Dec www.nhm.ac.uk/wpy/competition/young-wpy</p>	<p>Email photos to: schools.programmes@nottinghamcity.gov.uk @NCNGLearning www.wollatonhall.org.uk/learn/</p>
<p>Thur 26th: KEEP LEARNING The Green Map of Nottingham - where are all those little green 'spaces inbetween' that are important to you?</p> <p>Video by Nottingham Open Spaces Forum</p>	<p>No resources needed. May need to turn on subtitles! Sarah encourages teachers and pupils to download the 'whathreewords' app to identify where the little green spaces are in your community; and send your class list of 'what three words' to the Nottingham Open Spaces Forum</p>	<p>peoplesforest@nosf.org.uk #SpacesInbetween @NottinghamOSF</p>
<p>Fri 27th: GIVE Give your voice to make our city a better place to live with Nottingham Youth Trends.</p> <p>Video by DYT "Do Your Thing", Nonsuch</p>	<p>Go to NottsYouthTrends.com Think of 2 or 3 things you feel would make Nottingham a better place to live. Sign up for short surveys next year 2021</p>	<p>getinvolved@wearenonsuch.com www.wearenonsuch.com www.nottsyouthtrends.com</p>
<p>Mon 30th: CONNECT Take an arty abstract mystery photo of something today. Send to a friend, ask them to guess what it is, ask for one back!</p> <p>Video by 1525 Collective, Nottingham Contemporary</p>	<p>Using phones to make arty abstract photos! Recommended photo editing app: VSCO</p>	<p>wingshansmith@nottinghamcontemporary.org www.nottinghamcontemporary.org</p>

The **Time for Wellbeing Calendar** is a city-wide partnership project led by ChalleNGe, Nottingham's Cultural Education Partnership.

Sign up to ChalleNGe here: bit.ly/ChalleNGeMailingList

Many thanks to all the contributors and the project support team!

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Additional digital resources!

Making Nottingham the UK's first carbon neutral city by 2028

Sustainability videos - 28 for 28

In August, Nottingham had a 28 Day Challenge offering a new fun sustainability activity video each day from a different local organisation. We had football chanting with Nottingham Forest, nature craft with Nottingham Contemporary, a breadmaking workshop with an award-winning team of nutrition students, a biodiversity scavenger hunt with the NHS, and so much more.

As we still have all of the footage, we hope to create a package for teachers to be used as and when they want to work on sustainability. It could be very flexible to suit a teacher's own schedule. To understand what would be most useful for teachers, we are running some focus groups at the end of November.

If you're interested in attending a focus group or would consider trialling some content, please contact Sam Preston: sam.preston@nottinghamcity.gov.uk



Nottingham's Cultural
Education Partnership

www.challengenottingham.co.uk

[Time for Wellbeing webpage](#)

Here are 3 sustainability videos for each theme:

Theme	Challenge Video	length
Connect	Song-writing	3.52
	Documentary-making	2.58
	Football chant	.50
Be Active	Cycle 28	2.35
	Walk 28	3.02
	Nature Scavenger Hunt	2.19
Take Notice	Zero Plastic day	11.57
	Shower songs	1.30
	Nature Art	2.18
Keep Learning	Bread waste	2.39
	Sew a button	4.04
	Solar searching	2.06
Give	Shop local	2.12
	Litter picking	2.14
	Tech treasure hunt	1.10