

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



Primary Teachers' Guide: Time for Wellbeing

2-3 min videos every day of November 2020!

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Give

Date and Activity	Resources	Further links
<p>Sun 1st Draw your very own self care plan, just for you! Introducing the 5 ways to wellbeing</p> <p>Video by Jon Rea, Participation lead at Nottingham City Council.</p>	<p>Paper, pencils, coloured pencils (optional)</p>	<p>jon.rea@nottinghamcity.gov.uk</p> <p>My Self care plan template and example pdf</p>
<p>Mon 2nd: CONNECT Take a look inside the 'First Aid for Feelings' box and write your own Positive Power statements.</p> <p>Video by Shailey Sokoli, Mellers School</p>	<p>Paper, pencils, coloured pencils (optional)</p>	<p>www.firstaidforfeelings.co.uk www.tambaroy.com/tools-for-children</p>
<p>Tue 3rd: BE ACTIVE Get moving and grooving to music - 'Get Happy Get Healthy'</p> <p>Video by Johnny and the Raindrops</p>	<p>No resources needed.</p> <p>Get up on your feet, listen to the song and dance along!</p>	<p>www.johnnyandtheraindrops.co.uk/home</p>
<p>Wed 4th: TAKE NOTICE Notice how you feel in any moment - making use of the Happiness Scale.</p> <p>Video by Jackie Wilson, Emotions Toolkit</p>	<p>No resources needed.</p>	<p>Jackie Wilson, emotionstoolkit@gmail.com www.emotionstoolkit.com</p>
<p>Thur 5th: KEEP LEARNING Digging soil stirs up microbes that can stimulate serotonin, making you feel more relaxed and happy. Plant some salad seeds!</p> <p>Video by Penny Poyzer, Nottingham Good Food Partnership</p>	<p>No resources needed.</p> <p>Penny encourages children to plant some salad seeds, so a pack of seeds, egg boxes and soil would be great if you have them!</p>	<p>www.nottinghamgoodfoodpartnership.co.uk</p>
<p>Fri 6th: GIVE As a class, have a Kindness Jar - write notes to say thank you to each other and read them out once a week!</p> <p>Video by Mellers School</p>	<p>No resources needed.</p> <p>If you would like to start your own Kindness Jar, bring in a large jar or container and slips of paper.</p>	

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<p>Sat 7th A-Z scavenger hunt: Can you find objects inside or outside the house for every letter of the alphabet?</p> <p>Video by Active Notts</p>	No resources needed	<p>Activity packs and inspiration for schools, parents, and children and young people: www.activenotts.org.uk/young-people-active-at-home</p>
<p>Sun 8th Take some time to get creative and draw a portrait with tips from Nottingham Playhouse's Drawing club.</p> <p>Video by Nottingham Playhouse</p>	Paper, pencils, someone to draw or a photograph.	<p>Nottingham Playhouse playpacks & activity sheets for 4-8 year olds: www.nottinghamplayhouse.co.uk/project/play-house-playpacks/</p>
<p>Mon 9th: CONNECT Circle of Support - Understanding your support network</p> <p>Video by Claire Clements, Positive Pants</p>	Paper and pencil or pen for each child to draw 3 circles inside each other.	Claire Clements, claire@positivepants.co.uk
<p>Tue 10th: BE ACTIVE Pass the imaginary ball. Quick thinking movement game where the ball changes on each throw.</p> <p>Video made by Lit Theatre Company</p>	No resources needed. This video demonstrates a fun drama game for groups of children to enjoy.	Orla O'Connor, orla@littheatre.org
<p>Wed 11th: TAKE NOTICE Take a stroll, gather natural objects for your Journey Stick and reflect on your feelings</p> <p>Video by Manya Benenson, New Art Exchange</p>	This video demonstrates Manya making a journey stick - an activity you may be able to do as a class if visiting a park or wild area; or you could encourage pupils to try with parents or carers at home.	New Art Exchange, Ruth Lewis-Jones, Learning Producer, ruth@nae.org.uk
<p>Thur 12th: KEEP LEARNING Be Curious - Rick encourages children to collect objects of wonder and curiosity and shows us some of his found treasures.</p> <p>Video made by Rick Hall, founder of Ignite Futures</p>	No resources needed. You may like to encourage children to bring some of their collections or objects of curiosity to share in a 'curiosity corner' or for show and tell.	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>Fri 13th: GIVE (Children in Need day!) Pair up with someone and write 5 nice things about each other. Compliment each other!</p> <p>Video by Keiren Thompson, founder of 'Helping Kids Achieve' and winner of the BBC Unsung Hero Award 2019 for his work with young people.</p>	No resources needed.	<p>info@helpingkidsachieve.co.uk www.helpingkidsachieve.co.uk</p> <p>Children in Need 2020; Rick Astley song, 'Every one of Us' featuring Kieren! Listen to the song, celebrating Unsung Heroes: https://youtu.be/74BbbZ9zLeY</p>

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<p>Sat 14th Create a fun, safe obstacle course. This could include running, hopping, skipping, balance test, crawling, leaping and even a throw. Draw out your plan and then put it into action.</p> <p>Video by Active Notts</p>	No resources needed	<p>Activity packs and inspiration for schools, parents, and children and young people: www.activenotts.org.uk/young-people-active-at-home</p>
<p>Sun 15th Make up your own family story and turn bedtime into an adventure.</p> <p>Video by Matt Tandy, Secret Garden Stories</p>	No resources needed, just your imagination!	<p>jsg.stories@gmail.com www.secretgardenstories.com</p>
<p>Mon 16th: CONNECT The People's Forest - planting a spiral of oak trees to reconnect Nottingham with Sherwood Forest!</p> <p>Video by Sarah Manton, Nottingham Open Spaces Forum</p>	Accompanying Activity sheet	www.nosf.org.uk/the-peoples-forest.html
<p>Tue 17th: BE ACTIVE Create a world of wonder. Through drama and storytelling, escape into a new world of adventure. Let your imagination run wild!</p> <p>Video by Rachel Feneley, Lakeside Arts</p>	There are some additional teacher print-outs available for this activity - the jungle map and the 'letter from Annabelle'.	<p>rachel.feneley@nottingham.ac.uk</p> <p>Lakeside Arts Primary teachers pack (half day artist workshops at your school)</p>
<p>Wed 18th: TAKE NOTICE Take notice of what's around you. A mindfulness activity making use of the five senses.</p> <p>Video by Shaun Dawson, Nottingham City Mental Health Support Team</p>	No resources needed	<p>Nottingham City Mental Health Support Team www.asklion.co.uk/mhstnottingham</p>
<p>Thur 19th: KEEP LEARNING What happens to your brain when you learn something new? Explaining growth mindset!</p> <p>Video by Gemma Hardy, Whitemoor Academy</p>	No resources needed	

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<p>Sat 21st November Make music at home with found sounds! Happy and joyful rhythm with singing... “Down in the Jungle...”</p> <p>Video by Jude Winwood, Beatfeet</p>	<p>Something to tap along with - found sounds in the home or school. Aimed at early years, foundation and infants.</p>	<p>www.beatfeetdrumming.co.uk</p>
<p>Sun 22nd November Give the gift of music and share your favourite song with someone.</p> <p>Video made by Tashaka Baumber, Vocalist</p>	<p>No resources needed</p>	<p>www.tashaka.co.uk</p>
<p>Mon 23rd: CONNECT Sharing our thoughts on what makes a good friend - what are the most important to you?</p> <p>Video made by Maeve Morgan, Nonsuch Studios</p>	<p>Diamond 9 Friendship Activity sheet You could do this together as a class as well as individually.</p>	<p>maeve@wearenonsuch.com</p>
<p>Tue 24th: BE ACTIVE Work your mind and body with Martyn from ActiveAce and create your own challenges with just two objects!</p> <p>Video by ActiveAce, Get Out, Get Active</p>	<p>2 balls of different sizes and space to bounce or throw.</p>	
<p>Wed 25th: TAKE NOTICE Take time to explore the nature around you, use your senses to build a poem</p> <p>Video by Nottingham City Museums and Galleries</p>	<p>Watch this video to inspire some outdoor learning and poetry.</p>	<p>rosny.hayward@nottinghamcity.gov.uk</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>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>Create a poster or sign to share your views on what you would change to make Nottingham a better place to live.</p>	<p>getinvolved@wearenonsuch.com www.wearenonsuch.com</p>

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<p>Sat 28th Go to the library and choose a book about food to inspire you to learn how to cook something new.</p> <p>Video by Lynne Towle, Read on Nottingham</p>	<p>If you have a school library, try and find some examples of books that have references to food or cooking.</p>	<p>www.wordsforlife.org.uk Read on Nottingham have a facebook page The Nottingham Family Cookbook will be available soon! www.literacytrust.org.uk www.literacytrust.org.uk/family-zone/</p>
<p>Sun 29th Listen to Cubby and Jon from the Bratislava Dug-Outs perform a song to help you out of a hole.</p> <p>Video by Jon Rea and Cubby</p>	<p>Lyrics are available if you would like to sing along! Download Lyrics</p>	
<p>Mon 30th: CONNECT Create special greetings for friends, family, classmates and teachers.</p> <p>Video by Jo Stockdale, Well Within Reach</p>	<p>No resources needed.</p>	<p>www.wellwithinreach.co.uk</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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**Nottingham's Cultural
Education Partnership**

www.challengenottingham.co.uk

[Time for Wellbeing webpage](#)