



WINTER WELL-BEING

CANAL WAY EDUCATE TOGETHER NATIONAL SCHOOL

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WINTER WELL-BEING FOR ALL THE FAMILY

Firstly, just to say thank you to all of the children, parents and carers for your help during this term. Together, along with the teachers and staff, we have all worked very hard to keep each other safe. Now it's time for the Winter break, a chance, hopefully, for everyone to rest and relax. We've created this well-being guide with thoughts, activities and links which we hope will support the well-being of children and adults over the Winter break.

**WORRIES, SADNESS,
LONELINESS, ANXIETY AND
ANY NUMBER OF FEELINGS
THAT YOU MAY HAVE CAN
ALL BE HELPED...**

YOU ARE NOT ALONE

Sometimes, when we are feeling sad, angry, anxious, or something else, we may feel that we are the only one who ever feels like this.

Remember, every human being has feelings. Everyone has times when they feel strong emotions.

These feelings are understandable and normal. You are not alone in feeling them.

Talking Makes Us Stronger

Sometimes, we may feel that our thoughts and feelings are becoming hard to cope with. It can help to talk about them.

Is there an adult you trust that you can talk with about how you are feeling? This might be someone in your family, or even a teacher or a coach. Childline is always here for you too.

Talking makes us stronger and can help us cope with strong emotions.

POSITIVITY

When we have unhappy thoughts about ourselves, our unhappy feelings can grow. One way to help us feel good is to have a simple positive sentence in our minds – called a 'mantra' – which we can repeat to ourselves.

Some examples of mantras are: 'I will be OK', 'I can get through this', 'I have people in my life who love me'.

You could even write down your mantra somewhere you will see it every day – such as in your diary, on a poster or by your bed.

Remember: Positive thoughts are the most powerful kind!

EXPRESS YOURSELF

Getting your feelings out can really help. If you don't feel like talking, you could keep a diary or a journal and write your feelings down.

Or, if you are a creative person, you could draw, doodle or paint to express how you are feeling!



Doing THINGS We Enjoy

Doing things we enjoy can help us to feel good.

- Taking a break and taking our minds off things we find difficult can help us to cope.
- Every child and young person deserves to have fun!
- Can you chat with your friends, go for a run or a walk, or watch your favourite movie?

Five simple things to do each day to help you feel better

#FIVEADAY



Be Active: Go for a walk, or run. Step outside, get some fresh air. Exercise makes you feel good.



Take Notice: Look up! Be aware of the world around you and of what and how you are feeling right now.

5

#FIVEADAY

for young people



Connect: Spend time with friends or family. Pick up the phone. Talk. Relationships matter.



Keep Learning: Try something new! Join a group, learn to dance, take up an instrument, use your voice.



Give: Do something nice for a friend, or for a stranger. Thank someone, give them a smile. Be kind.

1. Take Notice

Be aware of the world around you. Watch the clouds pass or the birds fly. Notice how are you feeling right now? Give it a name. You may feel a bit better.

5 THINGS YOU CAN SEE


4 THINGS YOU CAN TOUCH

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL


1 THINGS YOU CAN TASTE

Just One Breath BREATHING ACTIVITY




Find a relaxing place, sit comfortably, and set a timer for one minute.


Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.




Take one more deep breath and hold for a moment, then release it.



TENSE AND RELEASE MUSCLE RELAXATION

1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
3. Continue moving up the body for more relaxation.



2. Keep Learning

Bookshelf Scavenger Hunt

Can you find:

- a book with 100 or more pages?
- a book with an animal main character?
- a book about science?
- a book with no words?
- a book with words in another language?
- a book about sports?
- a book that has been made into a movie?
- a book that rhymes?
- a book you can't wait to read?
- a book about history?
- a book you have read more than once?
- a book by your favorite author?

Choose one of these great books and **READ**

Try something new! Learn a new skill. Learn a song or how to play chess!

Backyard Sensory Scavenger Hunt

a flower on a tree	Something that makes noise	a pine cone	a spider web	Something red
Something that smells good	a bug	something round	something sharp	a stick shaped like a "y"
an acorn	an interesting pattern	Something shiny	a worm	a leaf as big as your hand
Something yellow	Something smooth	an abandoned toy	a weed	something that starts with "B"
Something edible	a leaf bud	something soft	Something from under a rock or stump	a feather

www.mackenziechester.com



The Stay-At-Home BirdWatching Challenge Poster

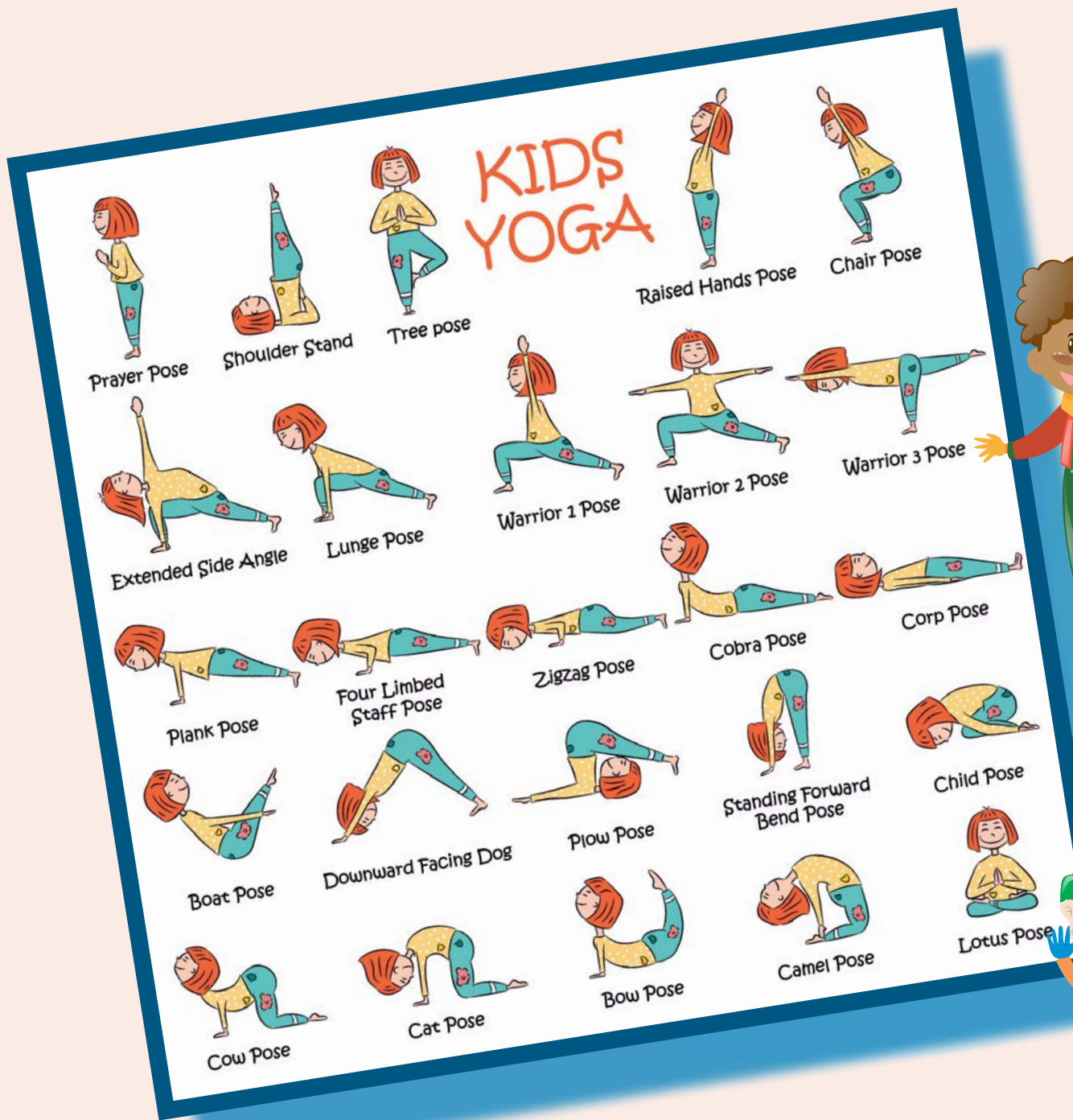


3. Get Active

Get out for a walk, a scoot, a cycle or a run. There's lots you can do indoors too! Exercise makes you feel good!

Online, visit

- GoNoodle. Is a fun dance and music website that we use at school. The children will recognise the songs and movements.
- Zen Den and Cosmic Kids Fun Yoga and mindfulness website.
- Sitting still like a Frog – Jon Kabat-Zin is an expert in mindfulness (Mindfulness)





Irish Heart
Foundation

Bizzy Breaks

for Bizzy Bodies and Bizzy Minds



Looseners

Warm
up and
energise



1 Piano Play



2 Alphabet Trace



3 Weight Lifts



4 Shoulder Shrug



5 High Reach



6 Slow March



7 Heel Touch



8 Press & Pull

Huffers

Get your
heart
pumping



1 Spot Walk



2 Hup March



3 Punch Bag



4 Side Step



5 Bounceroo



6 Breaststroke



7 Split Bounce



8 Sky Punch



Stretchers

Stretch
and relax



1 Finger Fan



2 Wrist Wrencher



3 Wing Wings



4 Bum Stretcher



5 Calf Stretcher



6 Shin Stretcher



7 Side Bend



8 Trunk Twister



9 Reacher Upper

4. Give

Random Acts of Kindness. Do something nice for a family member, a neighbour or a friend. Try it out! Giving makes YOU feel good too! Make sure you are Covid safe!



- 1. Smile at people and say hello to people you know.
- 2. Help a friend with their work.
- 3. Ask somebody who is by themselves to play.
- 4. Let somebody go in front of you in a line.
- 5. Bring or draw flowers for a grown-up.
- 6. Give some toys to a charity shop.
- 7. Make a new friend.
- 8. Fold your clothes and out them away
- 9. Feed the birds in the garden.
- 10. TRY TO PAY FIVE PEOPLE A COMPLIMENT EVERY DAY - TELL THEM THEY MAKE YOU LAUGH, OR THEY'RE A GOOD FRIEND, OR THAT THEY'RE BRILLIANT AT DRAWING.
- 11. Send a postcard to a friend.
- 12. HELP AROUND THE HOUSE
- 13. Tell a joke
- 14. Offer to play with someone who's all on their own.
- 15. Make your brother or sister's bed for them.
- 16. Clear the table after dinner without being asked.
- 17. Bake cakes or cookies to share.
- 18. Send a letter to your grandma or granddad, or a relative you don't see very often. Write it by hand, not on the computer!
- 19. READ YOUR LITTLE BROTHER OR SISTER A BEDTIME STORY.
- 20. Feed your pet or clean out their cage without having to be told.
- 21. IF YOU'VE DONE SOMETHING NAUGHTY, WRITE A NOTE TO YOUR MUM OR DAD TO SAY SORRY.
- 22. MAKE SURE YOU HELP TIDY THE TOYS AWAY WHEN YOU'VE BEEN PLAYING AT A FRIEND'S HOUSE.
- 23. Use beads, loom bands or other craft materials to make a bracelet for a friend.
- 24. Tidy your room.
- 25. Pour the rest of your family a drink at mealtimes.
- 26. Draw your mum or dad a picture, just because you love them.
- 27. Give a packet of sunflower seeds to a friend, so they can watch them grow.
- 28. Put your shoes and coat in the right place after school instead of dumping them on the floor.
- 29. Offer to wash your mum or dad's car and put all the rubbish in the bin.
- 30. WRITE PROPER HANDWRITTEN THANK-YOU CARDS FOR ALL YOUR BIRTHDAY OR CHRISTMAS PRESENTS.
- 31. Write a letter to a child who's ill in hospital.
- 32. Offer to walk your neighbour's dog for them (only if your mum and dad say it's okay and will go with you).
- 33. Paint rocks with pretty pictures or positive sayings and hide them in your neighbourhood for other children to find.
- 34. Walk instead of using the car so you're not polluting the environment with car fumes.
- 35. SORT OUT YOUR OLD TOYS AND DONATE THEM TO A CHARITY SHOP OR A LOCAL PLAYGROUP.
- 36. Make sandwiches or cakes to take to your local soup kitchen or homeless night shelter.
- 37. Sign up for a sponsored run, skip or silence and raise money for your favourite charity.
- 38. When you go shopping with your mum or dad, choose an extra item of food to donate to a food bank.
- 39. Write a letter or a card to your local old people's home.

5. connect

Covid can make it hard to spend time with friends or family. Try connecting by phone, video call, write a letter or postcard or draw a picture for them!

'Golden moments' – share one moment of your day when you felt happy and grateful.

Fill out a 'getting-to-know-you' questionnaire and share answers.

Fill out a 'getting-to-know-you' questionnaire for the other person and see if your answers are right.

'Mail a hug' – Trace your hands, or draw a heart, send it to someone you love.



1. What is the funniest thing you've ever done?
2. What makes you feel proud?
3. What do you like most about yourself right now?
4. What are you good at?
5. What makes you happy?
6. What's the best thing that's happened to you lately?
7. What do you do when you feel sad?
8. What are your hobbies?
9. If they made a movie about you who would play you?
10. What super hero or cartoon character would you most likely hang out with?
11. What is your favourite food?
12. What will we never see you doing? ie Paragliding!
13. What is your least favourite food?
14. Beach or mountains?
15. Who is your favourite musician/sporting hero?
16. If you could have three wishes what would you wish for?





30 Day Life Skills Challenge



© The Mum Educates

<p>Learn how to load and unload the washing machine.</p> <p>Day 1 </p>	<p>Make your bed.</p> <p>Day 2 </p>	<p>Learn to wrap a gift.</p> <p>Day 3 </p>	<p>Cook a new meal from whatever you have in the fridge.</p> <p>Day 4 </p>	<p>Make your own breakfast.</p> <p>Day 5 </p>
<p>Learn to tie your shoelaces.</p> <p>Day 6 </p>	<p>Learn to stitch a button.</p> <p>Day 7 </p>	<p>Learn to tell the time in both digital and analogue clock.</p> <p>Day 8 </p>	<p>Set a dinner table for your family.</p> <p>Day 9 </p>	<p>Sort the recyclable bins.</p> <p>Day 10 </p>
<p>Make a cucumber or cheese sandwich.</p> <p>Day 11 </p>	<p>Wash a dish or pot.</p> <p>Day 12 </p>	<p>Learn to use a knife and fork.</p> <p>Day 13 </p>	<p>Read a book and act out a scene from it.</p> <p>Day 14 </p>	<p>Learn to plait hair. Do a cool hairstyle.</p> <p>Day 15 </p>
<p>Clean your bedroom.</p> <p>Day 16 </p>	<p>Know your full name, phone number and complete home address.</p> <p>Day 17 </p>	<p>Learn how to use a vacuum cleaner.</p> <p>Day 18 </p>	<p>Plant a herb and take care until it grows.</p> <p>Day 19 </p>	<p>Hang the clothes out to dry.</p> <p>Day 20 </p>
<p>Dress yourself.</p> <p>Day 21 </p>	<p>Hang clothes on a hanger.</p> <p>Day 22 </p>	<p>Learn to fold clothes.</p> <p>Day 23 </p>	<p>Mop one room in your house.</p> <p>Day 24 </p>	<p>Clean your kitchen shelves.</p> <p>Day 25 </p>
<p>Peel vegetables safely.</p> <p>Day 26 </p>	<p>Know who to call in an emergency.</p> <p>Day 27 </p>	<p>Iron a pillowcase and put it on the pillow.</p> <p>Day 28 </p>	<p>Know when to use 999 and when to use 111 emergency services.</p> <p>Day 29 </p>	<p>Tidy your toys.</p> <p>Day 30 </p>

101 WAYS TO PLAY OUTDOORS

1. Play leapfrog
2. Jump rope
3. Climb a tree
4. Build a fort
5. Play hide and seek
6. Kick a ball
7. Make a rainbow with the hose
8. Pull weeds
9. Ride a bike or scooter or horse
10. Create a nature collage
11. Build a sand castle
12. Head out on a treasure hunt
13. Roll down a hill
14. Make a bug hotel
15. Balance along a wall
16. Throw a frisbee
17. Balance a bean bag on your head
18. Have an egg and spoon race
19. Hug a tree
20. Create patterns in damp sand
21. Make story stones
22. Paint a fence with water
23. Make texture rubbings with crayons
24. Swing your hips in a hula hoop
25. Make a rain gauge
26. Play tag
27. Draw something you can see
28. Jump in a puddle
29. Play hopscotch
30. Draw on the trampoline (or the footpath) with chalk
31. Read a book
32. Catch raindrops on your tongue
33. Make a set of stilts from tin cans
34. Have a game of marbles
35. Or elastics
36. Enjoy breakfast outside
37. Rake leaves
38. Set up a worm farm
39. Decorate mud pies
40. Run under the sprinkler
41. Paint the outside of a window
42. Make a daisy chain
43. Start a nature journal
44. Lie in a hammock
45. Toast marshmallows
46. Find 10 things to float in a tub of water
47. Write in the sand with a stick
48. Press flowers
49. Make a pinwheel
50. Make a stick sculpture
51. Make a pet rock
52. Try leaf printing
53. Draw around a shadow on the ground
54. Plant vegetables and herbs
55. Grow a bean or sunflower teepee
56. Take photos of what you see
57. Have a 3 legged race
58. Or a wheelbarrow race
59. Gaze at the stars
60. Set up a lemonade stand
61. Paint with feathers
62. Decorate a tree
63. Create a home for a fairy (or an elf)
64. Make a tin can telephone
65. Enjoy a teddy bears picnic
66. Make a drip castle with wet sand
67. Write a letter on a leaf
68. Fly a kite
69. Make up a new game
70. Put on a show
71. Grab a magnifying glass go bug hunting
72. Try a somersault or a handstand or a cartwheel
73. Watch a sunset
74. Spin and get dizzy
75. Start a collection
76. Float a paper boat
77. Make a cave for a dinosaur
78. Wash the dog
79. Wash the car
80. Create a small world for your favourite figurines
81. Make a sundial
82. Host a paper plane flying contest
83. Blow bubbles
84. Dance and sing
85. Make your name from sticks
86. Make a road for toy cars
87. Play torch tag
88. Build a compost bin
89. Throw water balloons
90. Make object impressions in air dry clay
91. Put on a cape and fly
92. Grow a grass head
93. Make a bird bath
94. And a bird feeder
95. Make petal perfume
96. Dig for treasure
97. Make a leaf crown
98. Hang laundry
99. Draw a map of your space
100. Set up a snail race
101. Lie back on the grass and look for shapes in the clouds

Visit <https://tinyurl.com/ychjfh26> for some more Louise Shanagher Mindfully-Me resources.

I Am Thankful For ...



When we are thankful, we feel happy about the good things in our lives. Stick a picture of something you are thankful for into the heart.



SOME OTHER USEFUL LINKS

Drawing, painting and other art and craft, performances, music, theatre are all great for relaxation and well-being.

The Ark has some live and recorded events and workshops <https://ark.ie/>

The National Gallery also has some great resources for families <https://tinyurl.com/>

The Chester Beatty has some excellent resources for all <https://tinyurl.com/yayqkkkn>

Theatre Lovett present The Festive Mr Fox and friends at the National Concert Hall, Dublin Ireland <https://tinyurl.com/>

Dublin City Libraries Have a read of their final newsletter of 2020 including links to online resources <https://mailchi.mp/dublincity.ie/christmaswishes>

Dublin Culture Company has developed this great culture map for more ideas <https://www.dublincity.ie/culturenearyou/#>

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WINTER WELL-BEING FOR PARENTS

Grown ups, your wellbeing is important too. Nature walks are great to take your mind off things. Or take a look at these sites for some helpful resources.

YOGA

- *Yoga with Adrienne (Youtube)*
- *Down Dog (App)*
- *Yoga for Beginners – Down Dog (App)*

PODCASTS

- *Unlocking Us – Brené Browne*
- *Laughs of your Life – Doireann Garrihy*
- *Super Soul Conversations – Oprah*
- *Happy Place – Fearne Cotton*
- *Where is my Mind? – Niall Breslin*

BOOKS

- *Flourish – Martin E.P. Seligman*
- *The Art of Happiness – The Dalai Lama*
- *Flow – Mihaly Csikszentmihalyi*
- *The Gifts of Imperfection – Brené Browne*
- *Reasons to Stay Alive – Matt Haig*
- *Mindfulness: Finding Peace in a Frantic World – Mark Williams*

