



**BODY**

**\***

**MIND**

**\***

**HEART**

# HOME WELLBEING PACK



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

## BODY



SCORE					

How many Jumping Jacks can you do in 30 seconds? Write down your first score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: HONESTY: Be honest with your scores, then you will feel really good about yourself when you manage to achieve a new Personal Best



## MIND



Sit comfortably

Breathe deeply in and out while paying attention to any sounds you can hear

Repeat x 10

Take another long slow deep breath, hold it for a moment, then breathe out slowly

## HEART



Write down 5 things you are grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.

## BODY



SCORE					

How many Speed Bounces can you do in 30 seconds? Write down your first score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: DETERMINATION – Push yourself to try to beat your last score.



## MIND

### SENSORY SEARCH

See how many of the things you can find in the Sensory Search on the next page.

## HEART



Think of someone who has been nice to you and then think of something nice you could do for them.



This requires us to use our senses. See how many of these you can find around your house or immediate outdoor space. You may have to think carefully about some of them.

A flower that smells		Something that is soft	
Something you can shake		Something you can bounce	
Something you can use to make a tune		Something that feels hard	
Something you can fold in half		Something wet	
Something shiny		A sound made by an animal or bird	
Something Orange		Something smelly!	
Something you can		Open a door or window & listen carefully. What sounds can you hear?	



## BODY



SCORE					

How many Skips can you do in 30 seconds? Write down your first score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: SELF BELIEF – Tell yourself that if you work hard and try your best, you will be able to beat your score?



## MIND



Go somewhere quiet and try one or both of these poses:

1. The Superman: this pose is practiced by standing with the feet just wider than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible.
2. The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips

Have a few goes. How did it feel when you were doing these poses?

## HEART



Write a short note to someone in your family to tell them how much you appreciate them

## BODY



SCORE					

How many times can you throw a ball/pair of socks/cuddly toy in the air above your head, clap then catch it, in 30 seconds? Write down your first score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: HONESTY:

Be honest with your scores, then you will feel really good about yourself when you manage to achieve a new Personal Best



## MIND



Stand outside.

What can you hear?

What can you smell?

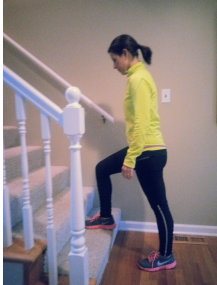
Now do the same again but with your eyes closed. Do you notice any difference?

## HEART



Make a certificate for a friend to celebrate one of their special qualities or an achievement.

## BODY



SCORE					

Stand at the bottom of your stairs. How many step ups can you do using the bottom step, in 30 seconds? Write down your first score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: SELF BELIEF – Tell yourself that if you work hard and try your best, you will be able to beat your score?



## MIND



Next time you go for a walk, imagine you are going on a safari. How many birds, bugs, creepy-crawlies, and any other animals can you spot. Anything that walks, crawls, swims, or flies is of interest. You will need to focus all of your senses to find them.

## HEART



Write a short note to someone in your family to tell them how much you appreciate them

## BODY



MY PERSONAL BEST	Jumping Jacks	Speed Bounce	Skipping	Throw, Clap, Catch	Step Ups

Have another go at all of the Challenges. Write down your best score.  
School Games Value: HONESTY – Be honest with your scores, then you will feel really good about yourself when you manage to achieve a new Personal Best



## MIND



- Lie down on your back on a comfortable surface and close your eyes;
- Squeeze every muscle in your body as tight as they can.
- Squish your toes and feet, squeeze your hands into fists, and make your legs and arms as hard as stone;
- Hold for a few seconds, then, release all your muscles and relax for a few minutes;
- Think about how your body is feeling

## HEART



Find out about a charity that is important to you and think of ways that you could help.

## BODY



SCORE					

How many High Knees can you do in 30 seconds? Put your arms out at waist height and lift your knees alternately to touch your hands. Write down your score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: HONESTY - Be honest with your scores, then you will feel really good about yourself when you manage to achieve a new Personal Best

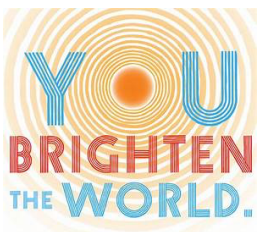


## MIND



Pay attention to your heartbeat. Have a go at the Jumping Jacks for 30 seconds. Place your hand over your heart. Notice your heartbeat and your breathing.

## HEART



Try giving a compliment to somebody every day. How does it make them feel? How does it make you feel?

## BODY



SCORE					

How many times can you pass a ball/pair of socks/cuddly toy round your waist in 30 seconds? Write down your score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: HONESTY -

Be honest with your scores, then you will feel really good about yourself when you manage to achieve a new Personal Best



## MIND

South Sefton School Sport Partnership  
**SCAVENGER HUNT**  
 How quickly can you find the following items?  
 Tick them off when you find them or use a bag/container to collect them!

Spoon	Book
Cushion	Cuddly toy
Leaf	A ROUND shape
Stone	Something blue
SQUARE shape	Something made out of wool
Something you can eat	A pair of socks
Something you can shake	Something Green
Something you can write or draw with	A Smile!

Have a go at the Scavenger Hunt on the next page. How many objects can you find?

## HEART



Make something for someone else. It could be someone in your family, a friend, a neighbour or your teacher.  
 Ideas: make a card, draw a picture, bake a cake

# SCAVENGER HUNT

How quickly can you find the following items?

Tick them off when you find them or use a bag/container to collect them.

 <p>Spoon</p>		 <p>Book</p>	
 <p>Cushion</p>		 <p>Cuddly toy</p>	
 <p>Leaf</p>		 <p>A ROUND shape</p>	
 <p>Stone</p>		 <p>Something Blue</p>	
 <p>SQUARE shape</p>		 <p>Something made out of wool</p>	
 <p>Something you can eat</p>		 <p>A pair of socks</p>	
<p>Something you can shake</p>		 <p>Something Green</p>	
 <p>Something you can write or draw with</p>		 <p>A Smile!</p>	



## BODY



SCORE					

How many Mountain Climbers can you do in 30 seconds? Write down your score. Have a go each day and write down each time you achieve a new Personal Best.

School Games Value: HONESTY - Be honest with your scores, then you will feel really good about yourself when you manage to achieve a new Personal Best



## MIND



Think about times when you have been brave. How did you overcome your fears?  
Next time you feel afraid, try to remember these times.

## HEART



Complete a 'random act of kindness' by doing something nice for a friend or a stranger anonymously (if possible).



## BODY



SCORE					

Think of your own Personal Best Challenge using minimal equipment. Write down your score.

Can you challenge someone else? You could record a video to explain the Challenge and send it to your friends to have a go too. You could even send it to your teacher who may be able to try it too!

School Games Value: PASSION - Share your passion to motivate someone else to try to achieve their Personal Best



## MIND



Make a list of the things you are missing most about school:

## HEART

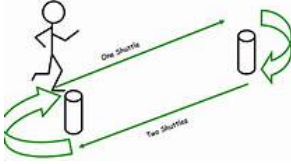


Laugh! Share some favourite jokes with friends or watch a funny cartoon or video.

See if you can make someone else laugh!

## BODY

### Shuttle Runs



SCORE					

Mark out a distance of 10m with 2 markers. Run from one marker to the other 5 times to cover 50m. How quickly can you do it?

Try again later to see if you can beat your time

Challenge someone to either beat your time or to race against you.

Write down your score. Have a go each day and write down each time you achieve a new Personal Best.



School Games Value: SELF BELIEF - Believe in yourself that you can keep going and that each time you try this, you can go a little faster

## MIND



Be positive! Make it a no complaining day! Notice all the positive things that happen today

## HEART

Write down 4 things you are grateful for:



- 1.
- 2.
- 3.
- 4.

## BODY



	High Knees	Around the World	Mountain Climbers	Own Challenge	Shuttle Run
PERSONAL BEST					

Have another go at all of the previous Challenges. Remember to write down your Personal Best. It may be today's score, or it may be from a different day.

School Games Value: DETERMINATION - Keep practicing the Challenges and work hard so that you can achieve new Personal Best in each activity.



## MIND



Go outside. Stand quietly and look at the clouds. Notice the different shapes. What do the shapes look like? Do you know the names of any clouds? If not, you might want to find out.

## HEART

What are you most looking forward to when you get back to school?



- 1.
- 2.
- 3.
- 4.
- 5.