

# WELLBEING @ B

## INFORMATION INDEX

| DATE | ISSUE NO. |
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| 31.03.20 | All             |
| 06.04.20 | 2/3 Easter      |
| 22.04.20 | 4               |
| 29.04.20 | 5               |
| 29.04.20 | 5               |
| 06.05.20 | 6               |
| 20.05.20 | 8 May half term |
| 03.06.20 | 9               |
| 10.06.20 | 10              |
| 10.06.20 | 10              |
| 17.06.20 | 11              |
| 24.06.20 | 12              |
| 01.07.20 | 13              |
| 15.07.20 | 14              |
| 15.07.20 | 14              |
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| 13.05.20 | 7               |
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| 15.07.20 | 14              |
| 15.07.20 | 14              |

# ROADWATER NEWSLETTER

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|                                   |
|-----------------------------------|
| <b>TOPIC and TITLE OF ARTICLE</b> |
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| <b>WELLBEING</b> |
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|---|
| 5 Ways To Wellbeing   |
| Every Mind Matters - Mental Wellbeing                           |
| Routine and self-care   |
| Positive Thinking   |
| Anxiety   |
| Contribute to the wellbeing of others and yourself              |
| Kindness Mental Health Awareness Week                           |
| ELSA Resilience   |
| Managing Coronavirus Anxiety                                    |
| I Gotta Feeling' top tips for feeling good                      |
| Creating a routine  |
| GREAT DREAM' Ten keys to happier living                         |
| Emotional Resilience top tips and advice                        |
| Wellbeing as a lifelong journey - the 5 steps and what they are |
| Wellbeing - asking for help - helpful websites and links        |
| My Wellbeing Toolbox  |

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| <b>SIGNPOSTING</b> |
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| Childline : Young Minds : Anna Freud : Healthy Young Minds CAMHS |
| Kooth online advice and information for young people             |
| Zumos online advice and information on wellbeing and happiness   |
| MindMate online service for young people endorsed by the NHS     |

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| <b>VIRTUAL VISITS</b> |
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| Chester Zoo - Red Pandas and Giraffes                          |
| British Museum London  |
| Tate Modern Art gallery and activities                         |
| NASA   |
| Journey to Mars'   |
| Natural History Museum London                                  |
| VE Day concert with Katherine Jenkins at the Royal Albert Hall |
| Monterey Bay Aquarium  |
| London Zoo   |
| Seattle Aquarium World Oceans Day                              |

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| <b>MINDFULNESS</b> |
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|                                |
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| Creating a mindfulness journal |
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| Mindfulness colouring                                  |
| Practical activities to help you with your mindfulness |
| What is Mindfulness?                                   |
| Creating a mindfulness wellbeing journal               |

| <b>RECIPES</b>  |
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| Instant Frozen Berry Yogurt                                 |
| Healthy Easter Bunny Pancakes                               |
| The Best Fish Baps  |
| Quiche Lorraine   |
| Blueberry and Cinnamon Muffins                              |
| Churchill's Fruit Cake                                      |
| Fruit Salad   |
| Sensational Seasonal Salad                                  |
| Ratatouille   |
| Strawberry Ice Lollies                                      |
| Easy Veg Frittatas  |
| Fruit Jelly   |
| Fruity Flapjacks  |
| Pizza Scones  |
| Pasta Fiorentina  |
| Fruit Pancakes  |
| Spiced Puffed Rice Chicken Goujons with Sweet Potato Wedges |
| Coconut Chicken Noodle Salads                               |
| Frozen Banana Lollies                                       |

| <b>FITNESS and KEEPING HEALTHY</b> |
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| NHS online fitness guides          |
| Pilates part 1                     |
| Pilates part 2                     |
| Food and Drink - keeping healthy   |

| <b>ACTIVITY CHALLENGES</b>                 |
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| April 'Active Coping' Challenge Calendar   |
| Open Learning interesting courses of study |
| VE Day crafts and things to do             |
| Mrs Carmichael-Parsons reading room        |
| 7-days of Kindness                         |
| The Wildlife Trusts Walking Bingo          |
| June 'Joyful June' Challenge Calendar      |
| Build a water bottle Basking Shark         |
| July 'Jumpback July' Challenge Calendar    |
| July 'Jumpback July' Challenge Calendar    |

| <b>MOTIVATION/INSPIRATION</b> |
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| TED talks variety of interesting topics and presentations |
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| Themed playlists music for positivity and motivation |
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| <b>OTHER</b> |
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|                                   |
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| Sending a Big Hug' letter writing |
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| Working from home helpful tips and advice |
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| Collecting and pressing flowers |
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| Making homemade paper |
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| Broadwater School Library click and collect service |
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| The benefits of getting creative |
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| How to get a good night's sleep |
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