



Health and Wellbeing Tasks

Week - 18th May 2020

Mental Health Awareness Week



Hello Everyone - I hope you and your families are all well! This week is Mental Health Awareness week so you may see lots of that all over social media and the news.

Mental health is just as important as physical health and is something you need to work hard at too especially at times like this. Some days we are fine and feel great and other days we don't feel as good. **It's ok to not be ok!**

Remember to talk if you are feeling down. Talk to parents, friends or send a message to your teacher. The school phone line is still open and Miss Flint or I are answering it so give it a call if you want to talk! 01655 885802

Task 1 - 'The Resilience Alphabet'

This week we are focussing on resilience. I have included a great resource on resilience called the 'Resilience Alphabet' there are 26 different activities for you to think, do or say. Resilience is important as it builds inner strength and encourages you to keep trying and not give up. Each of the 26 cards has an activity for you to complete.



<https://education.gov.scot/media/01pbr34x/resiliencealphabet.pdf>

Task 2 - Activity Cards - Badminton

During this time it is so important to keep active. I have included some great ideas from active schools ideas to help your Badminton Skills. I will post the full version to Twitter.

Activity Cards

At Home

To maintain a basic level of health, children and young people aged 5 to 18 need to do...

BADMINTON



AT LEAST 60 MINUTES OF PHYSICAL ACTIVITY EVERY DAY!

Be creative using household items if you don't have badminton equipment

Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.

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Footwork

Drill 1

Run and touch each marker. Start facing forwards, then try running backwards and side-skipping. Make sure to always face forwards towards the net.

Repeat each three times



How fast can you complete each drill?

Drill 2

Start at the middle yellow marker. Firstly, run out and touch each of the markers returning to the middle each time. Now try to find your own way to get to each of the markers as fast as you can, returning to the middle each time.



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Hope you enjoy these activities this week,

Take care and stay safe,

Mrs Kay

