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| **Connect** | **Be Active** | **Take Notice** | **Learn** | **Give** |
| **Agree ground rules** for conversations to keep everyone safe: Respect others and value difference and diversity. Be kind.  **Interview** partner about experiences of lockdown. | [**How exercise can help wellbeing and mental health: Sweat**](https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/)  Watch the video Sweat  Over the next few weeks try out these taster sessions with your family and report back at tutor time. Which is your favourite? Which activities will you include in your daily routine? | **Being grateful**  Start recording one thing that you are grateful for every day before you go to sleep. | **Acknowledging your Feelings: Worried/Anxious**  What things are you worried about now?  Are there some things we are all worried about? Identify someone you can trust who you can talk to.  [The worry tree](https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/)  [Your feelings: anxiety/stress](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/) | **Random acts of kindness**  “You can always, always give someone something even if it is a simple act of kindness.” Anne Frank  What acts of kindness can you give to the people close to you? Record ideas and how this made you feel. |
| **Covid keeps**  What positive things happened under lockdown? People were kind and supported each other.  What did you start doing during lockdown? Which of these things are you going to continue doing? | **Getting outside**  **Go for walk. Arrange to meet a friend and have a chat.**  [Getting outside](https://www.annafreud.org/on-my-mind/self-care/spending-time-in-nature/)  [Going for a walk](https://www.annafreud.org/on-my-mind/self-care/walking/)  [Couch to 5K](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)  [Walk to School | Secondary Schools | Living Streets](https://www.livingstreets.org.uk/walk-to-school/secondary-schools) | **Mindfulness**  [Mindfulness grounding techniques that help when I’m anxious](https://youngminds.org.uk/blog/the-grounding-technique-that-helps-me-when-im-anxious/) | **Coping with uncomfortable feelings/self-regulation**  Ways of coping with anxiety  [Focus on your breathing](https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/anxiety/)  [Balloon](https://www.childline.org.uk/toolbox/games/balloon/)  [Finger breathing](https://www.youtube.com/watch?v=HQVZgpyVQ78) | **Send some kindness to someone you are not living with**. Sendi them a message online or using a letter/card. How did they respond? |
| **Who inspires you?**  Interview with Arlo Parks Singer songwriter [**Arlo Parkes**](https://www.bbc.co.uk/bitesize/articles/zj6w96f) | **Dance**  [Go Noodle](https://www.youtube.com/c/GoNoodle/videos)  [Banana banana meatball](https://youtu.be/BQ9q4U2P3ig)  [Hip hop Tabata workout](https://www.youtube.com/watch?v=SJ6f2TnHZBc&feature=youtu.be) | **Go outside and observe the world**  [Murmaration](https://www.itv.com/news/anglia/2021-03-02/starling-murmurations-wow-people-over-kettering)  Go for a walk outside  Notice the world around you. What things do you feel grateful for? | **Anxiety Coping strategies**  Acknowledge the feeling and the problem  What can you do to solve the problem? Think of lots of different solutions. Pick one and make a plan.  [Anxiety toolkit](https://www.norfolkepss.org.uk/information/schoolsacademies/covid-19-schools-academies-anxiety-tool-kit/) Coping strategies | **Being kind to your self**  Say nice things to yourself and practise positive self -talk. Complete 3 positive affirmations. I am …. I am good at maths. I am kind. I make people laugh. |
| **Challenges and motivation** for Paralympian [Alfie Hewitt](https://www.youtube.com/watch?v=VmCQ6bJ0Odw) from Norfolk | **Yoga**  [Rainbow yoga](https://www.youtube.com/watch?v=dF7O6-QabIo&feature=youtu.be)  [Yoga for teens](https://www.youtube.com/watch?v=7kgZnJqzNaU&feature=youtu.be)  [30 days of yoga with Adrienne](https://youtu.be/TXU591OYOHA?list=PLui6Eyny-UzwxbWCWDbTzEwsZnnROBTIL)  [Sit down yoga](https://www.annafreud.org/on-my-mind/self-care/yoga/) | **Calming mindfulness**  [Bringing it down](https://family.gonoodle.com/activities/bring-it-down)  **Visualisation**  [Visualisation - safe place exercise](https://soundcloud.com/anna-freud-centre/visualisation-safe-place-exercise) | **Self-care: What helps you to feel good?**  Make a list of all the things that you really like doing Investigate Anna Freud[**Self care**](https://www.annafreud.org/selfcare/) | **Volunteering**  Investigate ways you could help others through volunteering.  [**Volunteering**](https://www.annafreud.org/on-my-mind/self-care/volunteering-taking-care-of-others/) |
| **Bounce back from lockdown** from [Action Jackson](https://www.youtube.com/watch?v=MeIJdb7SC10)  Get the work done, never give up, going the distance, persistence. | **Workouts** <https://www.activenorfolk.org/active-at-home-workouts>  [Iain Mills - YouTube](https://www.youtube.com/channel/UCUTi5prYawoEmjPt7PsR77g)  [Home workouts with UEA Sportspark](https://www.youtube.com/channel/UC7a-L9q-nhyhn5P3XX8o4bw) | Being grateful: The world outside.  Take a photo, draw or paint a picture, collage etc.  Make a display of all contributions in your tutor group and share with families via school website/twitter account? | **Getting Help: Investigate digital support**  [Kooth](https://www.kooth.com/)  Chat health | **Smile at everyone you meet today.** How do they respond? |
| **Don’t do it alone**  **Talk to people you trust and sign up to Kooth.**  Digital lesson plan ppt. [Kooth | #DontDoItAlone | Kooth plc | Landing Page](https://explore.kooth.com/dontdoitalone/) | **Tai chi / qigong/mindful movement**  [Tai Chi and Qigong](https://www.annafreud.org/on-my-mind/self-care/tai-chi-qigong/)  [Mindful movement](https://www.youtube.com/watch?list=PLc0asrzrjtZJk3jlJZXqP8C95h1uQvN7-&v=X5JZbSPzP4o&feature=youtu.be) | **Start your own gratefulness journal**  Write down 2 things you are grateful for each day before you go to sleep. | **Make a wellbeing plan for the next week**   * Healthy routines * Being active * Activities that make me feel good * Being kind to others * Positive affirmations | **Doing something nice everyday for a month**  Use the latest action for happiness calendar to do something nice for other people every day.  [**Action for happiness calendar**](https://www.actionforhappiness.org/calendars) |