

## Summer 2020 – Yr 7 and 8 Alternative Well-being activities

**Date:** Friday, 31<sup>st</sup> July – Thursday, 13<sup>th</sup> August 2020

1. Each fortnight, will have a different focus
2. Each fortnight you must complete **one** task (you can complete more if you would like)

## Weeks 3 and 4: Emotional well-being

**TASK 1 - Many positive behaviours are connected and can make you feel better. Combine an act of kindness with healthy eating: prepare a delicious meal (from scratch!) for someone you love. You could:**

1. Research a **new recipe** to try, or get a recommendation from someone you know
2. Write a **shopping list with prices** (even if you have the ingredients in the cupboard, find up the prices at your local shop)
3. **Buy the ingredients** you need
4. **Prepare, cook and serve** your dish(es)



### Challenge:

- Create a **home cooking video**, **narrating** how you prepare one of the dishes (*see keywords*)
- OR**
- Use your artistic skills to **produce a menu** –
- and give it to the person you are preparing the meal for!



## KEYWORDS

**Narrating** – is describing one event after another, for example 'At this point I crack the eggs and add them in, you have to be careful not to drop the shell in!'

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## **Weeks 3 and 4: Emotional well-being**

**TASK 2 - Negative feelings can sometimes be too much: sadness, stress, anxiety... but they're normal! Try to refocus those feelings, by doing one of the following:**

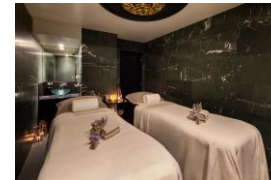
1. **Design your pampering experience** – present it however you like. You could describe it, draw it or create a collage of pictures from magazines.
2. **Create a pamper/ care package** for someone you love – take pictures

### Challenge:

- Recreate a **luxury spa at home** and photograph it!

OR

- See what **'mindfulness' apps** are available – try one! Examples include **headspace** or **calm**



## **KEYWORDS**

**Pampering** – A special treat where someone is comfortable, has the things that they enjoy and that relax them. For example 'I pampered myself by drinking my favourite hot chocolate in a bubble bath'

**Luxury Spa** – A place where people go to relax and receive treatments like massages and facials

**Mindfulness** – focusing on how you feel right now, being calm and accepting your feelings