



Week 4 of
Headstrong from
home

So it's week 6 of being away from school now and people are certainly beginning to wonder when will things return to normal.

Unfortunately we still don't know, so whilst we stay at home, this weeks Headstrong is trying to help keep your mind and body active and healthy.

Click on the YouTube link

https://youtu.be/9thbuQ_c0XY

for some thoughts from Mrs Cole for the week.

https://youtu.be/9thbuQ_c0XY



Be active at home during #COVID19 outbreak

- 1 Try exercise classes online
- 2 Dance to music
- 3 Play active video games
- 4 Try skipping rope
- 5 Do some muscle strength & balance training



What have you
been doing to
keep active so
far?



P.E. WITH JOE

Monday - Friday

9am Live on YouTube

The Body Coach TV

#PEwithJOE



YOGA FOR **TEENS**

**COUCH
TO 5K**



Here are some links to dance routines you might want to try...



If you type 'Just Dance' into youtube, you can get lots of different dance routines to some of your favourite songs!

If you like a board game, try monopoly with a difference by challenging your family to a game of active monopoly

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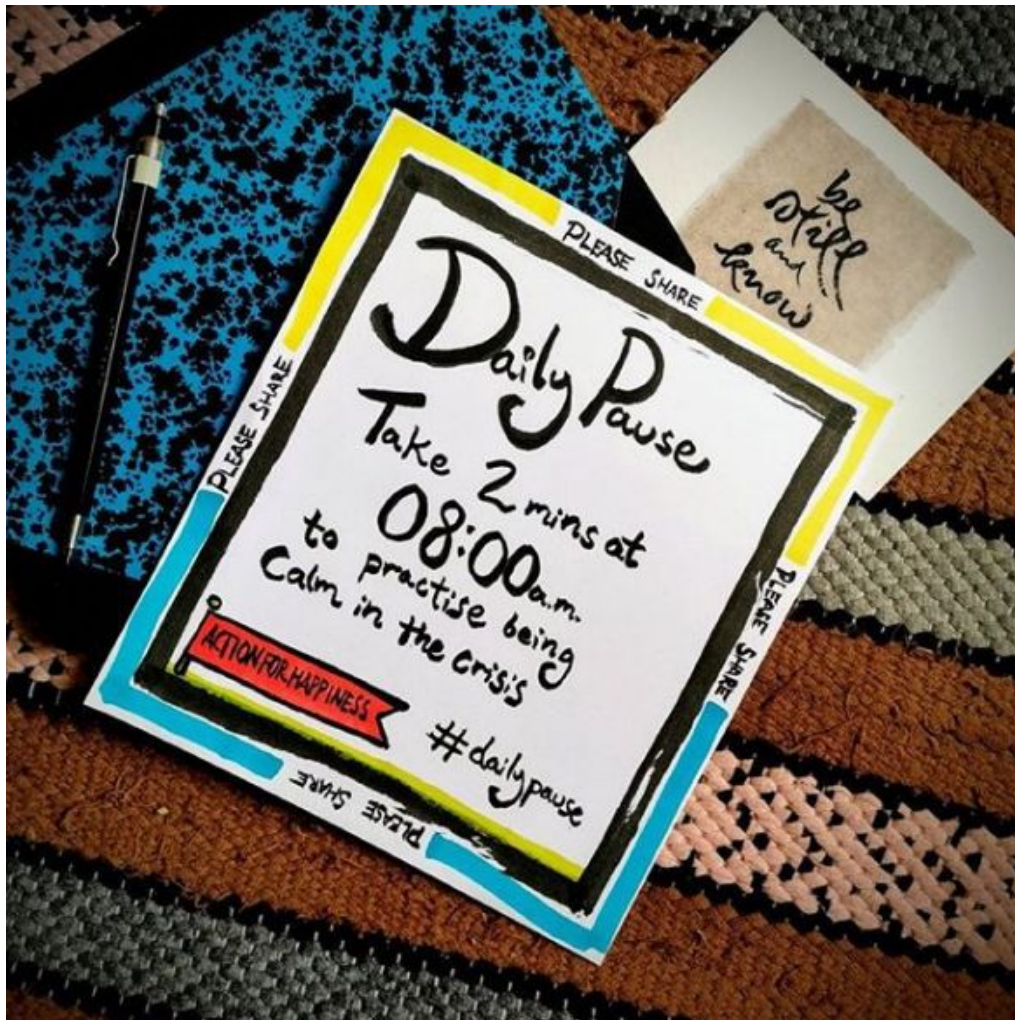
HEALTHY SCHOOLS CHALLENGE:

Try to do something active each day for at least 30 minutes. You could:

- Start the couch to 5k
- Do some dance routines
- Try PE with Joe Wicks
- Try Yoga for Teens with Adriene
- Set your form a workout challenge
- Complete exercise monopoly

“Exercise not only changes your body, it changes your mind, your attitude and your mood.”





Remember also, that it is ok to be finding things overwhelming - this is a very strange time and it is ok not to feel ok.

Along with exercise, take time each day to be calm and pause.


If school work is getting too much, step away from it. If having family around all the time is overwhelming, find a place you can be quiet.

If you need to talk, let someone at school know and we will try to help.



SOON ENOUGH
you will see & SQUEEZE
your FAMILY and PALS
and when that day comes,
it'll be the most special & SPARKLY!
& ALL OF THIS WILL BE OVER.

emily coxhead



THINGS will take time, of course,
and there will be sadness and pain
but also JOY & GRATITUDE

This will be a time in our lives
we'll talk about forever...
you'RE made of strong stuff,
KEEP GOING.

emily corhead



If you need something to lift your mood this week, join your neighbours at 8pm each Thursday to clap for the NHS and other key workers. Could you play an instrument in the street, chat to the person next door or simply clap as loud as you can?