



Headstrong -
Week 15
2020/21

<https://www.youtube.com/watch?v=IHjibWJhO54>



SOMETIMES
LIFE IS HARD,
AND YOU'RE
ALLOWED TO
SAY SO.

WHAT IS ANXIETY?



ANXIETY IS A NORMAL EMOTION... IT IS YOUR BODY'S DEFENSE SYSTEM TRYING TO TELL YOU THAT IT FEELS YOU ARE FACING A THREAT.

THIS DEFENSE SYSTEM ACTS A BIT LIKE A SMOKE ALARM...



SOMETIMES IT ALERTS YOU TO REAL DANGER, LIKE WHEN A SMOKE ALARM DETECTS FIRE. THIS IS USEFUL!



SOMETIMES IT IS A FALSE ALARM... LIKE WHEN YOU BURN THE TOAST! OUR ANXIETY CAN ALSO "GO OFF" ABOUT PERCEIVED THREATS THAT AREN'T TRULY DANGEROUS. IT IS JUST YOUR BODY TRYING TO KEEP YOU SAFE.



stand
up
straight

list it list it list it
list it list it list it
list it list it list it
list it list it list it
list it list it list it

3
good
things

count the
COLOURS

HEALTHY SCHOOLS

CHALLENGE:

OPTION 1

If you find yourself feeling anxious or overwhelmed this week, try one of the techniques which has been demonstrated.

If you don't feel anxious, you can still try the techniques, because they work best if practiced regularly to help you regulate your emotions - don't wait until you are overwhelmed!



Get moving.
Do something
physically
active (ideally
outdoors)

HEALTHY SCHOOLS CHALLENGE:

OPTION 2

During remote learning we have to sit still at a computer screen far more than we ordinarily would have to in school.

There is a bingo sheet on the next slide to give you some quick exercises to try in between lessons. See if you can put these into practice and also try and get outside for some fresh air every day. Can you complete all of the blue activities this week?

Jump up & down 30 times	Play musical statues	Ride a bike or scooter	Balance on a part of your body for 60 seconds	Jump or move over a pillow 30 times	Play hide and seek
Hop, jump or stand on the spot for 60 seconds	Balance in a plank position	Pass a ball around your waist or head 25 times	Balance an object on your head	Keep a balloon in the air for 60 seconds	Perform 30 star jumps
Complete 20 shuttles (run, walk or move)	Skip or move for 2 minutes	Roll a ball across a table 10 times	Perform 30 of the same type of jumps	Create and complete an obstacle course	Throw or roll an object into a target 10 times in a row
Dribble a ball in and out of objects	Perform 30 squats	Throw or roll a ball against a wall with a sibling, parent or carer	Move and complete 10 laps of your house or garden	Hop on each leg 30 times	Play a new game with a sibling, parent or carer
Perform 20 push ups	Perform dance moves	Perform a short fitness workout	Perform 20 sit ups	Perform a gymnastics routine	Invent and play a new game

Bingo

How to play:

Once you complete an activity, tick it off.

Can you complete the activities in the blue squares more than once this week?

Can you complete one activity from each line?



I WILL
CHOOSE
COURAGE.
I WILL
CHOOSE
PEACE.
I WILL
CHOOSE TO
BREATHE DEEP
IN THE WILD
OF UNCERTAINTY.

MHN