



Headstrong -

Week 8

2020/21

<https://youtu.be/Q72MRD3EqfE>





CONNECT

BE ACTIVE

TAKE
NOTICE

GIVE

KEEP
LEARNING



ACTION CALENDAR: NEW WAYS NOVEMBER 2020



SUNDAY

1 Make a list of new things you want to do this month

8 Find out something new about someone you care about

15 Go outside and do something playful - walk, run, explore, relax

22 Find a new way to tell someone you appreciate them

29 Discover your artistic side. Design your own Christmas cards!

MONDAY

2 Respond to a difficult situation in a different way

9 Plan a new activity or idea you want to try out this week

16 Look at life through someone else's eyes and see their perspective

23 Set aside a regular time to pursue an activity you love

30 Look for reasons to be hopeful, even in difficult times

TUESDAY

3 Get outside and observe the changes in nature around you

10 When you feel you can't do something, add the word "yet"

17 Try a new way to practice self-care and be kind to yourself

24 Share with a friend something helpful you learned recently

WEDNESDAY

4 Sign up to join a new course, activity or online community

11 Be curious. Learn about a new topic or an inspiring idea

18 Connect with someone from a different generation

25 Use one of your strengths in a new or creative way

THURSDAY

5 Change your normal routine today and notice how you feel

12 Overcome a frustration by trying out a new approach

19 Broaden your perspective: read a different paper, magazine or site

26 Tune in to a different radio station or TV channel

FRIDAY

6 Give yourself a boost. Try a new way of being physically active

13 Choose a different route and see what you notice on the way

20 Make a meal using a recipe or ingredient you've not tried before

27 Enjoy new music today. Play, sing, dance or listen

SATURDAY

7 Be creative. Cook, draw, write, paint, make or inspire

14 Find a new way to help or support a cause you care about

21 Learn a new skill from a friend or share one of yours with them

28 Join a friend doing their hobby and find out why they love it



"You never know what you can do until you try" ~ C. S. Lewis



ACTION FOR HAPPINESS



www.actionforhappiness.org

HEALTHY SCHOOLS

CHALLENGE:

The challenge this week links to the 5 ways to well-being and keeping active.

This week there is an in class challenge and a home challenge for you to gain points for your house.

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



HEALTHY SCHOOLS

CHALLENGE: 1



Are your form brave enough to try some classroom yoga today?

HEALTHY SCHOOLS

CHALLENGE: 2

On the next slide are a number of different exercise challenges you can try easily at home. This PPT is on the school website if you need to check it at home.

Your challenge is to complete at least one of these - you can pick a different version, but the options are:

- Teen yoga
- Just Dance (there are loads on youtube)
- Be Headstrong UK exercise

HEALTHY SCHOOLS

CHALLENGE: 2

<https://www.beheadstrong.uk/info/stay-strong-squats-1>

<https://www.youtube.com/watch?v=ri8rkTnCedU>

<https://www.youtube.com/watch?v=7kgZnJqzNaU&t=11s>

IT'S okay if
you're feeling
VULNERABLE
RIGHT NOW;
you've BEEN THROUGH
a LOT THIS year.

@lawRajaneILLUSTRATIONS