

<https://www.youtube.com/watch?v=4TsYXJrFtCs>

HEALTHY SCHOOLS CHALLENGE:

Your bonus challenge is to think beyond just this week of learning from home.

What goal are you going to set yourself for 2021?
What small changes can you make to help your well-being?
Are these manageable goals?
Who will hold you accountable?

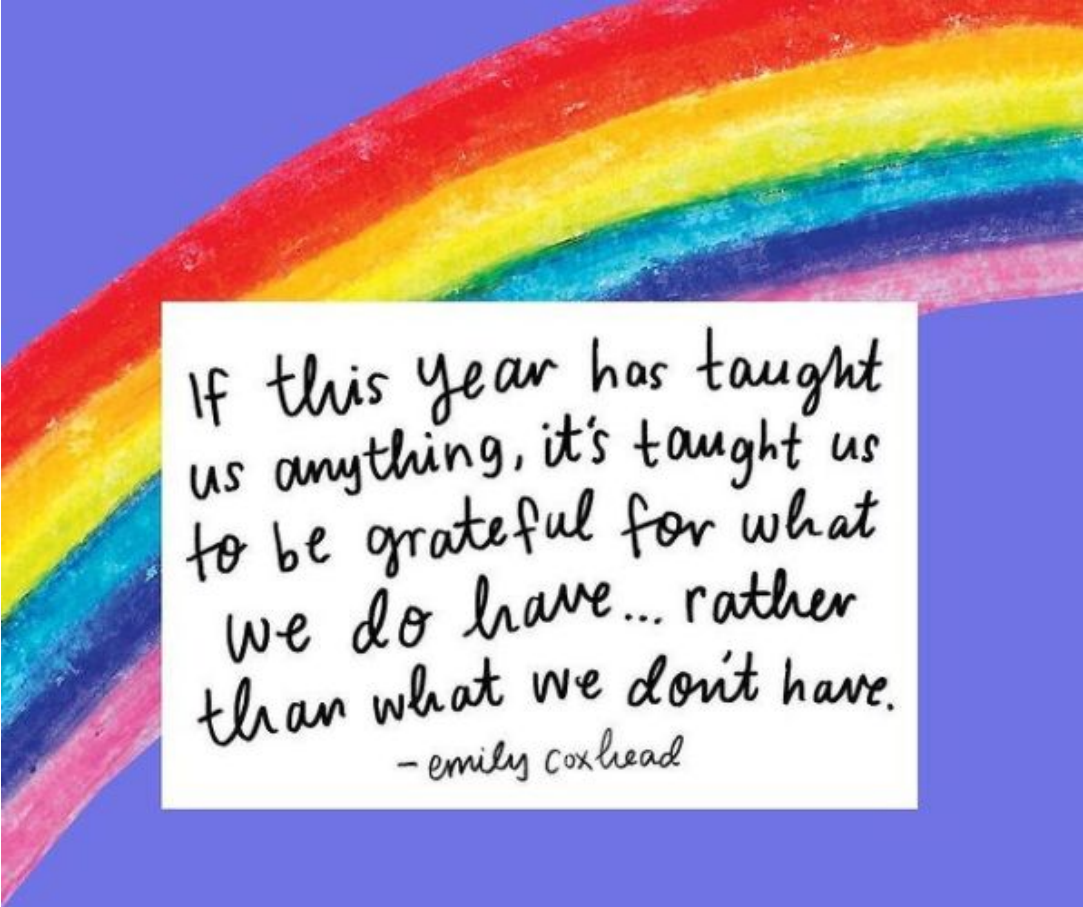




Headstrong -
Week 14

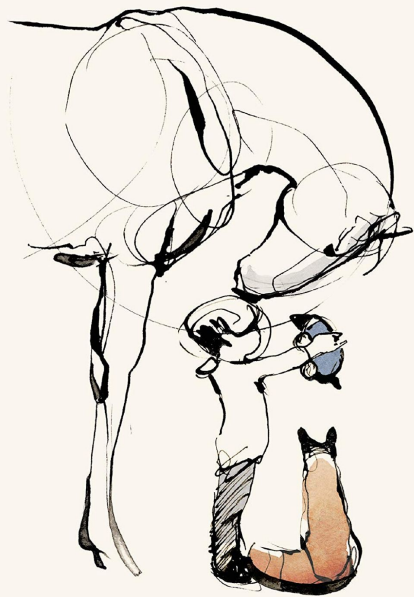
2020/21





If this year has taught
us anything, it's taught us
to be grateful for what
we do have... rather
than what we don't have.
- emily coxhead

The Boy, the mole,
the fox and the Horse



Charlie Mackery

"We aren't getting Through"
said the boy

"Did we get Through that last
bit?" asked the horse



"Yes" said the boy

"Then we are getting Through."

HEALTHY SCHOOLS CHALLENGE:

This week, your challenge is to try and do something every day to look after your well-being. Maybe you need to go for a walk, talk to a friend, read a book, eat something you enjoy - whatever you need to get you through the time learning from home again.

Remember, if we get the basics of self-care right, everything else is easier to cope with!



TAKE CARE



OF YOURSELF

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ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

4 Write a list of things you feel grateful for in life and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

1 Find three good things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help to brighten their day

11 Switch off all your tech 2 hours before bedtime

12 Connect with someone near you - share a smile or chat

13 Be gentle with yourself when you make mistakes

14 Take a different route today and see what you notice

15 Eat healthy food which really nourishes you today

16 Get outside and notice five things that are beautiful

17 Contribute positively to a good cause or your community

18 Focus on what's good, even if today feels tough

19 Get back in contact with an old friend you miss

20 Go to bed in good time and give yourself time to recharge

21 Take a small step towards an important goal

22 Try out something new to get out of your comfort zone

23 Plan something fun and invite others to join you

24 Put away digital devices and focus on being in the moment

25 Decide to lift people up rather than put them down

26 Say hello to a neighbour and get to know them better

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Use one of your personal strengths in a new way

30 Count how many people you can smile at today

31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS



www.actionforhappiness.org

REMEMBER:
NO MATTER WHAT
THIS YEAR BRINGS
YOU ARE STRONG
ENOUGH TO
HANDLE it.

@BLESTHEMESSY



"Sometimes..." said
the horse,
"every step you take is
a victory."