



Week 2 of
Headstrong from
home



ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Can you manage to follow the active coping calendar for April whilst we are in isolation?

some stuff I'd like to do...



some stuff I CAN do...



@EMILYCOXHEAD

A message from Mrs Cole...

https://youtu.be/sn68qK_Wo5o





What might go on your list of things you no longer take for granted?

On Mrs Cole's list are:

- Being able to leave the house as many times as I like in a day
- Meeting friends
- Getting a cup of coffee in town
- Seeing my family

I wonder if we will be made to feel more grateful for things when we are finally allowed out properly again?

HEALTHY SCHOOLS

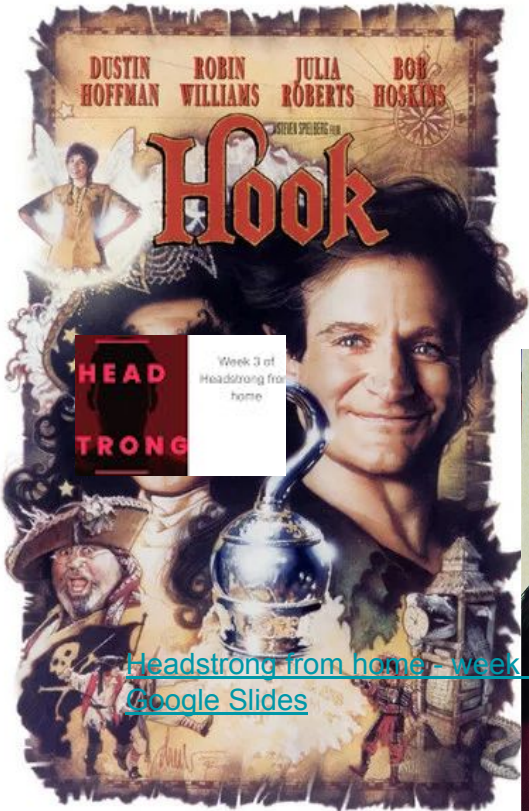
CHALLENGE:

Keep a list of things you are grateful for each day.

Even on the tough days, try to think of at least one positive thing.

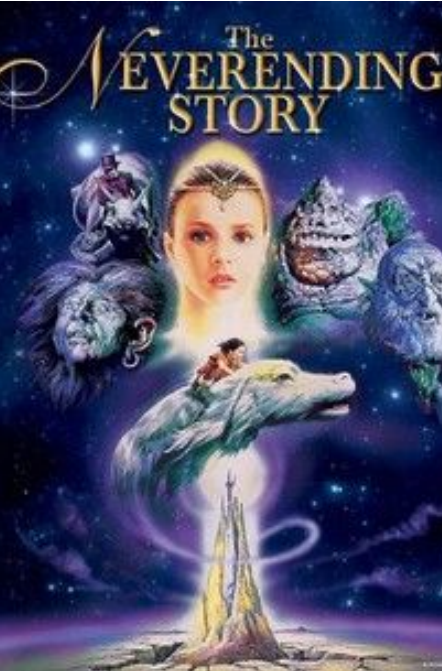
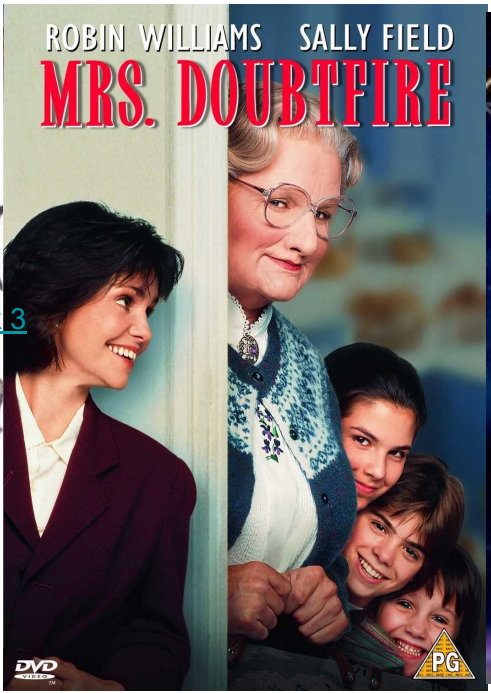
Thinking positive, helps you to feel positive.





[Headstrong from home - week 3](#)
[Google Slides](#)

One of the things Mrs Cole has been grateful for is having time with her children, but sometimes I have needed a bit of a break too! In those times, they have been watching some brilliant classic films. These are what they would recommend so far:



What classic films would you recommend to the rest of your form?

A purple background with a white speech bubble in the center. The speech bubble has a thick white border and contains text. The text is written in a casual, handwritten style. Several yellow stars with black outlines are scattered around the speech bubble. The words "best", "deep", "relax", and "let go" are highlighted with white rectangular boxes.

Whatever
happened today, you
did your **best**. You made
it through the day.
Take a **deep** breath,
relax your shoulders,
and **let go**.