



Broadstone Hall Primary

COVID-19

Wellbeing
Catalogue

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Contents



Team building



Mental Health



Keeping Active



Get creative



Reading



Food



Extra's

Team Building

Virtual team building games:

[The Go Game](#)

[Playmeo](#)

Isolation Bingo – (ask HR Team)

Quiz – Heaton Mersey Cricket Club are going live with their quiz on Thursday nights

Houseparty – online video app with games included.

Online team Lunches

Friday online end of day drink

Join a virtual 'day out' Lets Day Out is launching a 'Let's Day In' to all IOS users.



Mental Health

[Mind Charity](#) - Advice and support

Apps to try;

[Headspace](#)

[Getmoodfit](#)

[Calm](#)

[Sanvello](#)

[Meditation](#) for Inner Peace (yoga)

[Daily Calm meditation](#) – be present

Keeping Active

[Yoga](#)

[The Body Coach](#)

[Zumba style workout](#)

[30 min strong by Zumba](#)

[Tai Chi](#)

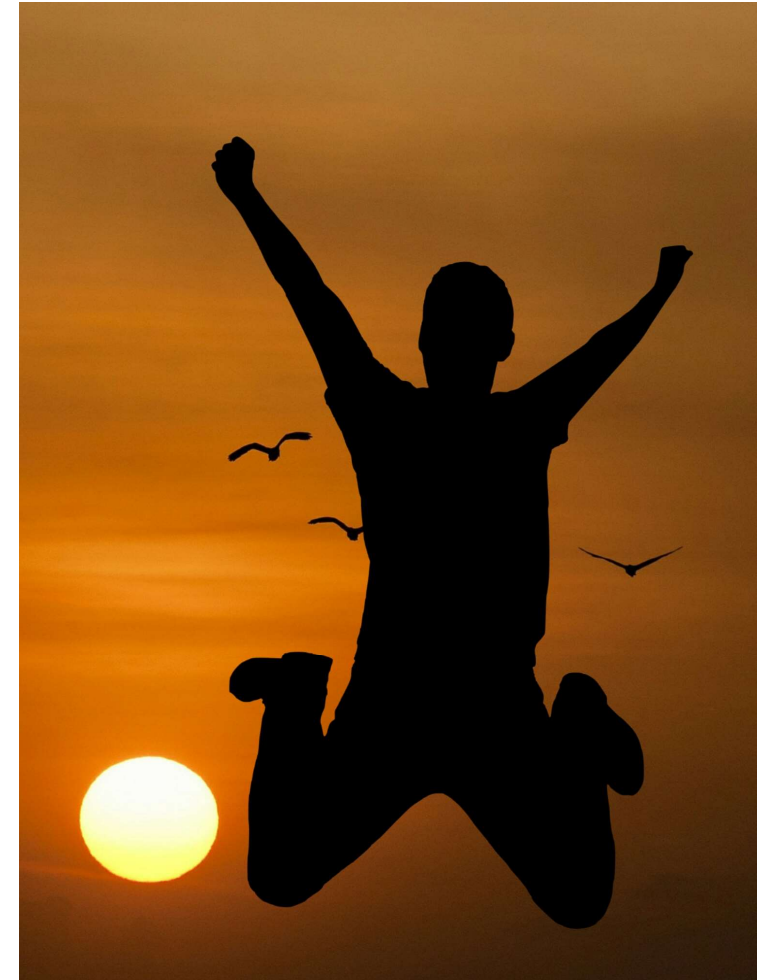
[Couch to 5k](#)

[15 min all body stretch](#)

[RWL workout- Results wellness
Lifestyle.](#)

[Homework outs](#)

- [WOMENSHEALTH](#)
- [MENSHEALTH](#)





Get Creative

[Knitting for beginners](#)

Painting and Art

- [Mixed Medi Girl](#)

[Easy Origami](#)

[Learn a new language](#)/ BSL Level 1 Sign Language is free at the moment through virtual learning.

[Colour by app - Colorfy](#)

Online creative classes ([free 14 day trial](#))

[Beginners gardening tips](#)

Paint a rainbow

Reading & Podcasts

The Bookclub [Sale](#)

Audio books - [Audible](#)

PODCASTS

Fern Cotton – [Happy](#)

[How to fail](#)

Best Podcast Advice

- [WIRED](#)
- [Menshealth](#)
- [Good Housekeeping](#)





Food – Get prepared

Food Blog and recipes websites

<https://www.bakingmad.com/>

<https://pinchofyum.com/>

<https://www.thekitchn.com/>

<https://www.serious-eats.com/>

<https://www.mybakingaddiction.com/recipe-index/>

<http://www.eatingwell.com/>

Lilac pig is sharing cooking recipes step by step on Instagram.



Added Extras:

- Make use of the time and declutter/clear out and donate to charity
- - **Help your vulnerable neighbours** – can you walk a dog or do a food shop, look in your area to see if schemes have been set u to support the most in need.

Family friendly

- Funky Moves Dance - [youtube](#)
- Cosmic Yoga - [youtube](#)
- Education [resources](#)
- Have a keyboard, guitar or piano? [Learn to play](#)
- BBC kids [games](#)
- Body Coach – kids PE sessions 9am Monday to Friday - [youtube](#)
- Home tuck shop. Stop your kids getting hallow legs - £1 tuck shop, heathiest food the cheapest.
- Bike ride
- Twinkle
- Baking
- Learn sign language together
- Learn a dance/ song.

Another extra...

SPELL YOUR NAME
DO THE WORKOUT **EVERY DAY**

| | |
|----------------------------|----------------------------|
| A: 10 PUSH UPS | N: 5 SETS OF STAIRS |
| B: 1K JOG | O: 20 LEG RAISES |
| C: 10 SQUAT JUMPS | P: 1 MIN PLANK |
| D: 20 BURPEES | Q: 30 STAR JUMPS |
| E: 10 SQUATS | R: 2 MIN SKIPPING |
| F: 20 STAR JUMPS | S: 20 BURPEES |
| G: 20 LUNGES | T: 30 SEC PLANK |
| H: 1 MIN SKIPPING | U: 15 SQUATS |
| I: 45 SEC PLANK | V: 15 PUSH UPS |
| J: 3 SETS OF STAIRS | W: 20 SIT UPS |
| K: 10 BURPEES | X: 10 LUNGES |
| L: 20 SQUATS | Y: 20 SQUAT JUMPS |
| M: 2 MIN PLANK | Z: 2 MIN PLANK |

And one more...

Non-screen activities you can do at home

Pobble

25 ideas!

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!

2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

3 Get building! You could build a Lego model, a tower of playing cards or something else!

4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

'Learning from home is fun'

Thanks!



6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

8 Use an old sock to create a puppet. Can you put on a puppet show for someone?

9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

10 Design and make a homemade board game and play it with your family.



11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?

12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.

13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.

14 Design and make an obstacle course at home or in the garden. How fast can you complete it?

15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.



16 Keep moving! Make up a dance routine to your favourite song.

17 Write a play script. Can you act it out to other people?

18 Read out loud to someone. Remember to read with expression.

19 Write a song or rap about your favourite subject.

20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.



21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.

22 Draw a map of your local area and highlight interesting landmarks.

23 Write a postcard to your teacher. Can you tell them what you like most about their class?

24 Draw a view. Look out of your window and draw what you see.

25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?



A background image of two young girls in a classroom setting. The girl on the left, with blonde hair, is wearing a pink sweater and is whispering into the ear of the girl on the right. The girl on the right, with red hair in pigtails, is wearing a red and purple striped shirt and is smiling. The background is slightly blurred, showing classroom shelves and papers.

And finally, keep focused, keep happy,
keep healthy and keep talking!

We are here if you need us.

Broadstone Hall Primary School Team