



Wellbeing Day | 1st February 2021

“Dare to be Well!”

Wellbeing is about being comfortable, healthy and happy. Sometimes we can't be all three of these things at once and that's okay. The aim of this day is for you to try and take some time away from a screen at some point and have a go at making yourself feel either more comfortable, more healthy, or happier.

Below is a list of suggestions to help you achieve this, but the important thing to remember is that **you** know **you** best. We'd urge you to try something different, to have a think about some of these ideas but ultimately, you're best placed to decide what works best for you.

Reading

Nothing allows you to escape more from your immediate surroundings than a good book! Curling up in a comfy seat and losing yourself in pages of a great novel is one of life's little treats. If you're stuck for inspiration, we've got suggestions from the National Literacy Trust for all ages as well as a guide for 6th Form students. Pick out something new and spend an hour being somewhere else from the comfort of your own home!

[Reading List Ages 9-12](#)

[Reading List Ages 13+](#)

[Reading List Ages 16+](#)

Mindfulness

For some people a great way to calm themselves is to spend a little time centring their thoughts, sometimes with guided meditation. There are a range of great apps out there to help you with this, or you can find out more at the link below where there's a host of excellent resources from Childline.

[The Calm Zone](#)

Art

Lots of people like to lose themselves doing something creative and expressing themselves. We've got a range of different activities you could try here. Go gaga for dada, don't stop animating, doodle away or just picture yourself playing Pictionary!

[Dada Drawing](#)

[Stop motion](#)

[Doodle](#)

[Pictionary](#)

Sport

Being physically active is great for your health in lots of ways. The PE department have suggested some challenges and would love to see how you do. Alternatively take the time to go for a slightly longer run or walk than usual in the daylight, leaving your phone at home! (Always make sure if you're doing this, that someone else knows where you are going and that it is a safe, well-lit place, even if you're exercising with one other person.)

[The Fab 5!](#)

Catch up on work

Ideally, you'll spend today away from your computer screen but if you've been getting stressed by deadlines, then you could always spend some of the day getting on top of it all, knowing that you won't have any other work to do that day. However, only do this for some of the day. Spend some time resting and getting ready for the weeks ahead. Don't stare at a computer all day!

House Competition

The House Competition never rests! Miss Forbes is running a competition to do with business brands and social distancing. Follow the link below for more details.

[Wellbeing Day House Competition](#)

Cooking

We should point out that the key to a healthy lifestyle is a balanced diet with plenty of variety and not too much of any one thing.

However, why not spend the day baking a cake? Cooking some biscuits? Browning some brownies? Heating a homemade pie? Toasting some, well, toast? (The last one might be a little easy).

There are millions of great recipes out there for all abilities and all available ingredients. Cooking for yourself is great, cooking for others is amazing and a real symbol of care and love.

Get back to nature

County Durham is a great place to live with loads of amazing places to explore but you don't need to go far to enjoy the wildlife. [The RSPB have been asking people to count the birds in their gardens as part of a national check.](#) Even if you're too late to take part in the official count you could still give it a go. Failing this why not head out and see what other animals you can see?

Music

Listen to some music. Make some music. Dance to some music. Music is so important to so many of us because it can help us feel up when we're down, it can energise us when we're low, remind us that we're all part of something when we're feeling alone and maybe all three at the same time. Where to start? The great thing about music is that everyone has got their own favourite song, artist or genre but if you're really stuck start with Marvin Gaye and work your way out from there.

Be happy

Whatever you decide to do, and the choice really is yours, try and spend some time doing something that makes you help happy and, if you can, someone else happy too. If while you're doing that you try something a little new then that's even better!