



Guiseley School

How are You?

Hello to all, how's your week been? Mainly how's your sleep cycle? Any closer to being what it was before all our days changed? I hope you're seeing an improvement and keep at it! I have chosen to focus on your daily hour of exercise this week. I know sometimes it may seem unappealing but I'm hoping to convince you to push yourself this week to try and do it most days if you can. It helps with stress, excess energy and as discussed last week - sleep! It's part of taking care of yourself so give it a go for one full week and see how you feel, I have high hopes it will do you all the world of good!



Self-Care: Movement

The word exercise used to (and if I'm honest sometimes still does) fill me with dread. I am not very sporty; my fitness level isn't that great. I've recently started to become more active, now all you guys have youth on your side, whereas I'm getting on a bit! So, trust me if I can do it, it's going to be easy for you all!

This week, rather than looking at exercise we are going to be looking at movement, sounds less horrendous doesn't it? Also, I am going to be looking at how we use our "daily hour of exercise". I've always known too many days in the house can get me down, but I often would put it off, then regret it later. However the second we all heard we can have our one hour a day, most of us breathed a huge sigh of relief. Luckily, we still have that liberty and it has given a lot of us the push we needed to

get out there. So yes, this week I want you to look closely at your hour a day, how you're using it, if you're using it, what it helps with and more importantly how you can have fun with it.

Now the common themes I have found in my library of self-help books around exercise have been:

Move for a minimum of twenty minutes every day. Now think about your movement every day. I know I spend at least 30 minutes a day tidying, cleaning, picking up after the young people in my house whilst following them around telling them they should be doing it themselves. So that absolutely classes as movement. Do you spend much time on your feet during the day in the house or are you glued to the computer doing schoolwork or if



you're like my son also playing games and not moving much at all! Seriously think about how much you used to move daily when life was 'normal'. Travelling to and from school, spending time with your friends on the evenings and weekends and even how long you spent stood in the lunchtime queue! Compare that to how much you're moving now and if its seriously less, that's understandable but that's what your hour a day is for, so let get using it!

Move for your mental health - This is the crucial time for most of us to be getting out in the fresh air. We're not talking about weight loss here but getting out there and getting rid of the excess energy we've all got burning up inside us. We all know why we must be doing this but we are human and feeling hemmed in creates anxiety, stress and much more. We need to be able to get rid of those feelings somewhere and your daily hour is the perfect place to calm down and feel better in ourselves.

Keep it varied - For the first five weeks I did the same exact walk with my one year old in the pram. Some of it was on a main road and some of it was pretty, but the long and short of it was I got bored!!! I stopped looking forward to it and it wasn't doing its job of relaxing me anymore. So, what I did was instead of turning right one day down the usual street...I turned left. That simple. I then discovered a whole new route that I didn't even know was there and it renewed my

energy and enthusiasm for my daily hour all over again. So, use this time to find paths you never even knew existed! It doesn't have to be picture perfect it just needs to be different.

Decide on a time - By now you'll be used to how best to do your schoolwork during the day and what your routine looks like. Where in the day do you start to become a bit tired or restless? Whatever time of day that is, that is the perfect time for you to get out in the fresh air for an hour.

Use what you already have - now we already have our outside time once a day so utilise that to the maximum. I choose to walk, but if you have a bike, cycle. Mix it up. For home or garden time, if you have one, you can really utilise what we already have at home.

I had only just started doing Yoga when everything closed, so now I just do it from a book, and do you know what? I'm doing ok! I don't own a yoga mat or any of the gear, I use a towel and that's all I needed to give it a go. What about you? What do you have at home already? Skipping rope? Football? Tennis ball? Go on... give it a go... I dare you.

Note how it feels - do this before and after your choice of exercise. I do it myself and it does encourage me to keep going. When I clock that I'm stressed, tired and feeling grumpy before my hourly walk, I notice when I get back, I feel calmer and more energetic, that feeling gets addictive!



Light in the lockdown!

So, I'm sticking to the theme of this week and keeping the focus on your daily outing and others walks you can help with!

So, I'm talking window displays first. The bigger the better. I have seen a few in my local area and they're just fantastic! Not only does it show every key worker walking past that you're thinking of them, it also gives you something creative to do. Give it a go! Also, if you have already done so, would you please send me a photograph through info@guiseleyschool.org and I can use them for this section every week. If you don't want me to put your name on it I won't, but if you do make sure to let me know who created it.

Another lovely reason to have one is that lots of children younger than yourselves are going out on their walk and playing 'isolation bingo'! It's such a lovely idea and I saw a little boy of around five when I was out on my walk crossing things off with great excitement and it really was the sweetest thing. The key item that seems to be on most children's lists is a rainbow so that would be a tick immediately if they saw yours. Also, anything bright outside of your home or again the window as they are often looking for colours of the rainbow. Another good one is any sort of flag or a garden ornament or attention grabbing

may just be on someone's list and it would make their day!

Together or alone – either is good for you. Most of my walks are with the toddler but I've managed to drag my year 7 daughter and year 10 son out on a few and I've loved it. Alone time is great if you're older as it gives you a break to walk at your own pace, listen to music without feeling you're being bad mannered. If you have a dog take the pooch with you and score some brownie points at the same time.

Smile – now bear with me. On the first few times I went on a walk, people naturally avoided walking near to each other and it felt a little strange. However, as we have all got used to this situation smiling is back! If someone moves across the path for me, I smile and say thank you, nine times out of ten they smile back. Everyone is starting to say hello to each other as they pass which wouldn't normally occur in 'normal' times and this is a genuinely lovely thing to come out from all this. People are friendlier, we're all trying to give each other space and be considerate and it really is lovely. Next time you're out and you pass someone smile...it keeps the human connection going and we really need that right now.





Spotlight on: Exercise for the mind

I have chosen to focus this spotlight on more things we can be doing at home to assist ourselves, to not only keep active but learn to give our minds the tools to calm down and destress when our hour a day walking etc isn't enough. Below are listed some apps and websites that are fantastic and worth checking out.

I am however dropping in a couple of links that give you a great overview of some exercise forums online for those of you that are struggling to get out for health reasons, those who are self-isolating or those of you that simply can't get enough!

This takes you directly to the NHS website which offers you links to simple ten-minute workouts, recommendations and much more. It really is worth a look and is suitable for all ages;

<https://www.nhs.uk/live-well/exercise/gym-free-exercises/>

Now onto calming the mind and body. If you are already a Yogi or a beginner like me, this article gives details on the best six out there. Yoga is for all ages so give it a go!

<https://www.glamourmagazine.co.uk/article/best-yoga-apps>

Smiling mind is a great app for teens which gives support and fantastic meditation aids to

calm the mind when you're feeling overwhelmed. Check the website out here:

<https://www.smilingmind.com.au/>

A specific one that is fantastic is Headspace. Its heavily focused on mindfulness and how it is used to overcome anxiety, sleep issues, stress and so much more. Well worth a download and they are now including a specialist free programme called 'weathering the storm' during this time:

<https://www.headspace.com/covid-19>

A fantastic website sharing the basics and benefits of mindfulness specifically for teens is below. It gives a whole range of information and useful tips to help ease stress and anxiety

<http://mindfulnessforteens.com/what-is-mindfulness-anyway/>

Lastly is an article from teen vogue, featuring even more apps to get that brain stretching! I've tried insight timer myself and its great... and free so give that a go if you can:

<https://www.teenvogue.com/gallery/meditation-apps-to-try-now>

