

Coppice Wellbeing Day 2021!

What is Wellbeing Day?

We appreciate how well you have worked during lockdown and want to encourage you to take time away from your screens on Friday 26.2.21.



Activities: Aim to complete 2 activities that you find relaxing and enjoyable, this will help support your general wellbeing.

Remember to post a photo of yourself completing the activities – submit these to your Google Classroom Tutor area. Your Tutor will post a link on Google classrooms.

Mindfulness!

When we are mindful, we reduce anxiety or stress. Mindfulness allows us to calm our mind and body, we become more resilient and engaged. The activities below will help support mindfulness:



Yoga: [Yoga class](#)

Tai Chi: [Tai Chi for beginners](#)

Read and Listen

[Audiobooks for kids](#) [The Past and Curious](#)

[Open Library](#) [Mystery series - think stranger things!](#)

Let's Walk/Cycle!

Visit a green space - your local park, nature reserve, country park. It's important to get outdoors after trying really hard with remote learning!!



[Green spaces in Wolverhampton.](#)

Paint some stones from the garden - you can personalise them or chose a theme such as nature.

Make a collage using materials from the garden.

Photography – Competition Time!

Whether you have a 'point and shoot' camera, DSLR or a mobile phone. it's time to reconnect with nature and capture its wonders on camera!



Inspiration:

[Famous Photographers](#)

Using a mobile phone:

[Mobile Photography tips](#)

Post your photograph. Use the hashtag #Coppicephotography. Inc your name and a few words about your photograph.

Art and Culture!

'The Great Big Art Exhibition'

People are being invited from across the country to produce a piece of art work to display in their window for



all to see (just like the rainbows for the NHS!). The theme is currently 'portraits or nature'. Use your front windows, gardens or balconies to display your art work.

For further info visit: [The Great Big Art Exhibition](#)

Post a photo of your artwork to Google classrooms. Use the hashtag #TheGreatBigArtExhibition2021. Inc your name and a few words about your artwork.

New Skills!

Your wellbeing is important and you are in the best position to decide which activities you enjoy and make you feel good. Below are a range of additional activities for you to try:



Martial arts: [Karate lessons](#)

Dance: [Dance workshops on line/](#) [Diversity dance tutorial](#)

Couch to 5K: [Couch to 5K](#)

Cooking: [Cooking for children](#)

Play list: [Spotify playlist](#) (parental consent required)

Papercraft: [Paper toy crafting](#)