

12 DAYS OF WELLNESS

BE ACTIVE | TAKE NOTICE | LEARN | CONNECT | GIVE



12 DAYS OF WELLNESS



BE ACTIVE / TAKE NOTICE / LEARN / CONNECT / GIVE

WHAT IS 12 DAYS OF WELLNESS?

'12 DAYS OF WELLNESS' IS A FUN AND ENGAGING CHRISTMAS THEMED WELLBEING PROJECT AIMED AT CHILDREN IN KS1 AND LOWER KS2.



THE PROJECT LASTS FOR 12 DAYS AND CONSISTS OF 12 CHRISTMAS THEMED CHALLENGES/ACTIVITIES, EACH INCORPORATING A VALUE FROM THE 5 WAYS TO WELLBEING; BE ACTIVE / TAKE NOTICE / LEARN / CONNECT / GIVE.

HOW TO GET INVOLVED?

IT'S EASY TO GET INVOLVED IN OUR '12 DAYS OF WELLNESS' PROJECT. YOU JUST NEED TO FOLLOW AND COMPLETE THE DAILY ACTIVITIES/CHALLENGES, ALL OF WHICH ARE INCLUDED IN THIS PACK.



INVOLVEMENT IN THIS PROJECT WILL SUPPORT AND RAISE AWARENESS OF THE IMPORTANCE OF PHYSICAL AND MENTAL HEALTH.

DON'T FORGET TO SHARE YOUR PROGRESS WITH US VIA TWITTER:



@GATESHEADHWS



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HOW TO USE THIS RESOURCE?

USE THIS RESOURCE TO SUPPORT YOUR PUPILS PHYSICAL AND MENTAL HEALTH IN THE LEAD UP TO CHRISTMAS. THE AIM OF THIS PROJECT IS TO ENGAGE THE WHOLE CLASS TO PARTICIPATE AND COMPLETE EACH ACTIVITY/CHALLENGE SET THROUGHOUT THE 12 DAYS OF WELLNESS (MONDAY 7TH DECEMBER – FRIDAY 18TH DECEMBER). TEACHERS CAN TRACK THEIR CLASS' PROGRESS USING THE '12 DAYS OF WELLNESS' CALENDAR.



ON COMPLETION OF THE '12 DAYS OF WELLNESS' THERE IS A CERTIFICATE TEMPLATE INCLUDED IN THIS RESOURCE FOR YOU TO USE TO RECOGNISE YOUR PUPILS' ACHIEVEMENT.



COVID-19 CONSIDERATIONS

THIS RESOURCE HAS BEEN DESIGNED WITH COVID-19 GUIDELINES IN MIND. THEREFORE, EACH ACTIVITY TAKES SOCIAL DISTANCING IN TO ACCOUNT AND MINIMISES THE NEED TO SHARE EQUIPMENT. HOWEVER, PLEASE CONSULT YOUR OWN SCHOOL'S RISK ASSESSMENT BEFORE TAKING PART IN THIS PROJECT.



1ST DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A PHYSICAL ACTIVITY EXERCISE THAT SHOULD BE DELIVERED IN 5 SHORT BURSTS. EACH BURST OF EXERCISE LASTS 60 SECONDS WITH 20 SECONDS REST IN-BETWEEN.

THE ACTIVITY...

CHRISTMAS-STAR JUMPS



HOW TO DO THEM...

- **FIND A SPACE 2M APART**
- **START WITH YOUR FEET CLOSE TOGETHER**
- **JUMP AND LAND WITH YOUR FEET WIDE APART**
- **STRETCH YOUR ARMS OUT ABOVE YOUR HEAD**
- **JUMP YOUR FEET IN AND BRING YOUR ARMS DOWN**



2ND DAY OF WELLNESS



GIVE...

GIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A KINDNESS EXERCISE. KINDNESS PROMOTES A HEALTHY AND POSITIVE ENVIRONMENT. WHEN YOU DO SOMETHING NICE FOR SOMEBODY ELSE, NOT ONLY DOES IT MAKE THEM FEEL BETTER, IT'S GOOD FOR YOUR OWN WELLBEING TOO!

THE ACTIVITY...

CHRISTMAS KINDNESS



HOW TO DO IT...

LINKING TO OUR KINDNESS CHALLENGE, CONTINUE TO PROMOTE ACTS OF KINDNESS IN YOUR CLASS AND AT HOME, TRY AND DO AS MANY ACTS OF KINDNESS FOR THIS ACTIVITY.

EXAMPLES OF ACTS OF KINDNESS:

- **OFFER TO HELP SOMEONE**
- **ENCOURAGE OTHERS**
- **SAY SOMETHING NICE TO SOMEONE**
- **PLAY A GAME WITH SOMEONE WHO IS ON THEIR OWN**
- **SHARE WITH OTHERS**

AS A SECOND PART OF THIS ACTIVITY USE THE PICTURE ON THE NEXT PAGE TO START A MIND MAP AND ASK WHY IS KINDNESS IMPORTANT?



WHY IS KINDNESS IMPORTANT?



3RD DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

...ON THIS DAY OF WELLNESS. THIS ACTIVITY REQUIRES THE WHOLE CLASS TO COMPLETE A 1 MILE ROUTE AND LET YOUR PUPILS RUN, SCOOT, CYCLE, WHEEL THEIR WAY AROUND.

THE ACTIVITY...

SANTA DASH

HOW TO DO IT...



IF YOU ALREADY DO THE DAILY MILE, INCORPORATE IT IN TO THIS ACTIVITY. IF NOT IT COULD BE A GREAT WAY TO START THE DAILY MILE IN YOUR SCHOOL.

- **SET UP A 1 MILE ROUTE ON YOUR SCHOOL SITE**
- **ALLOW ANY FORM OF TRAVEL**
- **AND SAY GO!**



4TH DAY OF WELLNESS



CONNECT...

CONNECT...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A COMMUNICATION/FRIENDSHIP BASED EXERCISE. CONNECTING WITH OTHERS, BUILDING FRIENDSHIPS AND TALKING TO OTHERS ABOUT OUR FEELINGS CAN REALLY HELP TO BOOST YOUR MOOD, FEEL HAPPIER AND MORE POSITIVE.

THE ACTIVITY...



SPREADING CHRISTMAS JOY

HOW TO DO IT...

CONNECTING WITH OTHERS IS REALLY IMPORTANT. ENCOURAGE YOUR PUPILS TO SPEAK TO AS MANY PEOPLE AS POSSIBLE WHETHER IT'S CLASSMATES OR FAMILY MEMBERS.

TIPS FOR CONVERSATION STARTERS:

- **ARE YOU EXCITED FOR CHRISTMAS?**
- **IF YOU HAD A SUPERPOWER WHAT WOULD IT BE AND WHY?**
- **WOULD YOU RATHER LIVE UNDERWATER OR LIVE IN OUTER SPACE?**
- **DO YOU PREFER SUMMER OR WINTER?**

AS A SECOND PART OF THIS ACTIVITY USE THE PICTURE ON THE NEXT PAGE TO START A MIND MAP AND ASK WHAT QUALITIES MAKE A GOOD FRIEND?



WHAT QUALITIES MAKE A GOOD FRIEND?



5TH DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A PHYSICAL ACTIVITY EXERCISE THAT SHOULD BE DELIVERED IN 5 SHORT BURSTS. EACH BURST OF EXERCISE LASTS 60 SECONDS WITH 20 SECONDS REST IN-BETWEEN.

THE ACTIVITY...

ELF JUMPS



HOW TO DO THEM...

- **FIND A SPACE 2M APART**
- **START WITH YOUR FEET HIP-WIDTH APART**
- **BEND YOUR KNEES**
- **JUMP UP AS HIGH AS YOU CAN OFF BOTH FEET**
- **STRETCH YOUR ARMS OUT ABOVE YOUR HEAD**
- **LAND ON THE SAME SPOT AND LAND ON BOTH FEET**



6TH DAY OF WELLNESS



LEARN...

LEARN...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A LEARNING EXERCISE. LEARNING IS REALLY IMPORTANT, IT IMPROVES YOUR KNOWLEDGE, HELPS DEVELOP NEW SKILLS AND PROMOTES WELLBEING.

THE ACTIVITY...

THE GIFT OF LEARNING



HOW TO DO IT...

FOR THIS ACTIVITY PUPILS HAVE TO LEARN SOMETHING NEW. IT'S ENTIRELY UP TO YOUR PUPILS TO CHOOSE WHAT THEY WANT TO LEARN:

SUGGESTIONS CAN BE:

- **LEARN 5 FACTS ABOUT CHRISTMAS**
- **LEARN HOW TO SAY MERRY CHRISTMAS IN A DIFFERENT LANGUAGE**
- **LEARN A CHRISTMAS SONG**
- **LEARN A NEW SKILL IN THEIR FAVOURITE SPORT**



7TH DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A PHYSICAL ACTIVITY EXERCISE THAT SHOULD BE DELIVERED IN 5 SHORT BURSTS. EACH BURST OF EXERCISE LASTS 60 SECONDS WITH 20 SECONDS REST IN-BETWEEN.

THE ACTIVITY...

MARCHING SOLDIERS



HOW TO DO THEM...

- **FIND A SPACE 2M APART**
- **START WITH YOUR FEET HIP-WIDTH APART**
- **LIFT ONE FOOT THEN THE OTHER**
- **STAY ON THE SAME SPOT**
- **LIFT YOUR KNEES UP HIGH, KEEPING YOUR BACK STRAIGHT**
- **PUMP YOUR ARMS AS WELL**



8TH DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY CONSISTS OF A PHYSICAL ACTIVITY EXERCISE THAT SHOULD BE DELIVERED IN 5 SHORT BURSTS. EACH BURST OF EXERCISE LASTS 60 SECONDS WITH 20 SECONDS REST IN-BETWEEN.

THE ACTIVITY...

REINDEER KICKS



HOW TO DO THEM...

- **FIND A SPACE 2M APART**
- **START WITH YOUR FEET HIP-WIDTH APART**
- **ALTERNATE BETWEEN 'HIGH KNEES' AND 'HEELS TO BUM'**
- **FOR 30 SECONDS**
 - **LIFT ONE FOOT THEN THE OTHER**
 - **JOG ON THE SAME SPOT**
 - **LIFT YOUR KNEES UP HIGH**
 - **PUMP YOUR ARMS AS WELL**
- **FOR 30 SECONDS**
 - **LIFT ONE FOOT THEN THE OTHER**
 - **JOG ON THE SAME SPOT**
 - **LIFT YOUR HEELS TO YOUR BUM**
 - **PUMP YOUR ARMS AS WELL**



9TH DAY OF WELLNESS



TAKE NOTICE...

TAKE NOTICE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY IS GOING TO CONSIST OF A MINDFULNESS EXERCISE (A 'BRAIN BREAK'), FOCUSING ON THE PRESENT MOMENT AND PROMOTING MINDFULNESS.

THE ACTIVITY...

AS QUIET AS A MOUSE

HOW TO DO IT...



- **FIND A COMFORTABLE PLACE TO SIT, AND LEAD YOUR CLASS THROUGH A 'BRAIN BREAK'...**
- **BREATHE IN FOR A COUNT OF THREE AND OUT FOR A COUNT OF FIVE**
- **REPEAT THIS THREE TIMES**
- **THEN WITH THE NEXT BREATH CLOSE YOUR EYES (IF YOU ARE COMFORTABLE DOING SO)**
- **GENTLY LET YOUR BREATHING RETURN TO NORMAL AND THEN NOTICE HOW YOUR BODY FEELS**
- **STARTING AT YOUR TOES FOCUS ON EACH PART OF YOUR BODY UNTIL YOU REACH YOUR HEAD**
- **EACH TIME YOU FOCUS ON A BODY PART, NOTICE HOW IT FEELS**
- **IF IT FEELS TENSE, TRY TO RELAX THE MUSCLES, THEN MOVE ON TO THE NEXT BODY PART**
- **ONCE YOU HAVE FINISHED OPEN YOUR EYES SLOWLY**



10TH DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY IS GOING TO CONSIST OF A PHYSICAL ACTIVITY EXERCISE THAT SHOULD BE DELIVERED IN 5 SHORT BURSTS. EACH BURST OF EXERCISE LASTS 60 SECONDS WITH 20 SECONDS REST IN-BETWEEN.

THE ACTIVITY...

SANTA SPRINTS

HOW TO DO THEM...



- **FIND A SPACE 2M APART**
- **START WITH YOUR FEET HIP-WIDTH APART**
- **RUN QUICKLY ON THE SPOT**
- **HIGH KNEES**
- **PUMP YOUR ARMS**



11TH DAY OF WELLNESS



TAKE NOTICE...

TAKE NOTICE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY IS GOING TO CONSIST OF A POSITIVITY EXERCISE ('GET UP AND DANCE'), FOCUSING ON THE PRESENT MOMENT AND PROMOTING POSITIVITY.

THE ACTIVITY...

ROCK AROUND THE CHRISTMAS TREE



HOW TO DO IT...

THROUGHOUT THE DAY YOU MIGHT THINK YOUR CLASS COULD DO WITH A LIFT, WHAT BETTER WAY THAN TO PLAY SOME CHRISTMAS/MOTIVATIONAL MUSIC! YOU HAVE 5 TOKENS YOU CAN USE THROUGHOUT THE DAY OR YOU CAN GIVE YOUR PUPILS THE OPPORTUNITY TO USE THEM ACCORDINGLY.

WHENEVER THAT IS JUST PRESS PLAY AND LIFT EVERYBODY'S MOOD!

SONG SUGGESTIONS:

- **JINGLE BELL ROCK**
- **EYE OF THE TIGER**
- **THE GREATEST SHOW**
- **HAPPY**
- **CANT STOP THE FEELING!**



12TH DAY OF WELLNESS



BE ACTIVE...

BE ACTIVE...

..ON THIS DAY OF WELLNESS. THIS ACTIVITY IS GOING TO CONSIST OF A PHYSICAL ACTIVITY EXERCISE THAT SHOULD BE DELIVERED IN 5 SHORT BURSTS. EACH BURST OF EXERCISE LASTS 60 SECONDS WITH 20 SECONDS REST IN-BETWEEN.

THE ACTIVITY...

CLIMB THE CHIMNEY

HOW TO DO THEM...

- **FIND A SPACE 2M APART**
- **PRETEND TO CLIMB THE CHIMNEY**
- **REACH YOUR HANDS ABOVE YOUR HEAD ONE AT A TIME AND PULL THE ROPE DOWN**
- **LIFT YOUR KNEES HIGH AND CLIMB ON THE SPOT**



12 DAYS OF WELLNESS CALENDAR

1ST DAY OF WELLNESS



6TH DAY OF WELLNESS



5TH DAY OF WELLNESS



2ND DAY OF WELLNESS



3RD DAY OF WELLNESS



4TH DAY OF WELLNESS



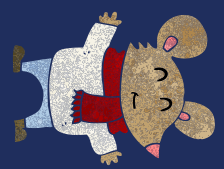
7TH DAY OF WELLNESS



8TH DAY OF WELLNESS



9TH DAY OF WELLNESS



10TH DAY OF WELLNESS



11TH DAY OF WELLNESS



12TH DAY OF WELLNESS



**CUT ME OUT AND TRACK YOUR
PROGRESS**



CONGRATULATIONS

**YOU HAVE SUCCESSFULLY
COMPLETED THE
12 DAYS OF WELLNESS' CHALLENGE**

