

Wellbeing timetable challenge

Created as part of Unifrog's Wellbeing Week 2020

What does wellbeing actually mean?

- Wellbeing describes the sense of how well you are mentally and emotionally, which can impact how well you are physically.
- Positive wellbeing means you are happy, have high life satisfaction and purpose, and that you can manage stress and anxiety well.
- It is as important for us to take care of our mental wellbeing as it is our physical wellbeing, and if you feel that your wellbeing isn't great sometimes, there are things you can do daily which will help to improve it!

How can we look after our wellbeing?

That's a tricky question, as the answer is different for everyone!

However, there are some universally helpful things we can do to improve our wellbeing, although some are easier to put in place than others!

What can you think of that could support better wellbeing?



Which activities contribute to our wellbeing?

- Having a technology curfew – this promotes better sleep and brain function
- Healthy eating – Avoid spikes of sugar by having things like porridge for breakfast instead of Coco Pops
- Making time for your hobbies and interests – the endorphins your brain releases after you've done something you enjoy help you stay happy and motivated!
- Practicing mindfulness, or activities that promote mindfulness, like yoga or meditation
- Being aware of the things that make you feel stressed, and putting a plan into action so they're not so stressful
- Spending time with people who are good for your wellbeing – friends who are upbeat can have an effect on you!



Mini mindfulness techniques

One method of improving your wellbeing is to practice mindfulness. Whether you think it will help or not, give it a go. You might be surprised!

The next slides go through some mindfulness techniques you can do in a couple of minutes or less. Plan them into your day and give them a try!

STOP mindfulness technique

- S** Stand up, close your eyes and breathe. Take off your shoes if you can; how do your feet feel against the ground?
- T** Tune into your body. Keeping your eyes closed, think about how your fingers feel. Are they moving? Are they holding anything?
- O** Observe. Open your eyes and look around you. Look at something in your environment that you like to look at and appreciate its beauty
- P** Possibility. Ask yourself what is possible – what is your aim for the next minute, hour or day?

Mindful breathing technique

For one whole minute, sit upright on a chair or on the floor and concentrate on breathing in and out, slowly.

Don't think about anything except your breathing.

When the minute is up, open your eyes and mindfully breathe for another minute, this time concentrating on not only your breathing, but also your surroundings.

Find something to focus on for the minute.



Mindful appreciation technique

For this exercise, all you have to do is notice 5 things in your day that go unappreciated.

These things can be anything;

- The cup of tea you have in the morning
- Your friend smiling and asking how you are
- Feeling proud of yourself for doing a good job on an essay, anything!

Ask yourself what you can do so that you are on someone else's list of things that go unappreciated.

Things like saying thank you, smiling, and holding a door are great starts!



Challenge

During lockdown, everyone's schedule has changed and it's as important keep a balance between working, being sociable, and finding time for yourself.

Your challenge is to fill out the Unifrog timetable template, marking time out for the things you have to do (like schoolwork and revision) and the things you want to do (exercise, hobbies, family time). Include some time to practice some of the wellbeing techniques too!

Challenge – what to include

1. Using our Wellbeing Week timetable, map out the things you know you have to do in the week you're planning. Deadlines, classes and revision.
2. Mark out time for breakfast, lunch and dinner
3. Enter your wellbeing extras and make it easier to read by colour-coding. Remember to leave time to rest!
4. Save your Wellbeing Week timetable to your Unifrog Locker
5. Send your completed timetable to competitions@unifrog.org by 5pm on Friday 22nd May to enter Unifrog's Wellbeing Week competition – more details in the next slides!

Competition

For a chance to win our Wellbeing Week competition:

- Complete a Wellbeing Week timetable, and email a version to us (or send a photo if you print it out to fill in!)
- Email your entry to competitions@unifrog.org by 5pm on Friday 22nd May 2020
- There is no limit to the amount of entries that can come from your school
- The winning entry will feature in the Unifrog Gazette (which is sent out to 10,000 readers across the world), on our Resource library (with a shout-out to your school), and across social media channels, where you'll be an influencer for good!





Where can I find out more?

To find out more about looking after yourself, check out the Wellbeing section of the Know-how library on your Unifrog homepage!

The following websites are great sources of information, too;

- [Mind](#)
- [Young Minds](#)
- [Samaritans](#)