



Wyre Forest School Sport Partnership

May Half Term - Wellbeing Newsletter



Welcome to our May Half Term Wellbeing newsletter – our 5th of the academic year! It has been fantastic to see nearly all pupils back at school this summer term, with some routine and normality restored. And while we remain optimistic that brighter and better days are ahead, we also wanted to remind schools and families across the Wyre Forest about the importance of looking after our physical and mental health. The information, tips and links you will find within this newsletter are to support the whole family (adults and children) to improve their overall wellbeing through opportunities that are linked to the '5 Ways to Wellbeing', all of which can be carried out whilst being Covid-compliant. We would like to wish schools and families across the Wyre Forest a safe, active and much deserved May Half Term.

Connect with other people.

Make and send a postcard: Whether you are going away this half term, going on a day trip or staying home, create a postcard for a loved one, friend or family member telling them about what you have got up to this May Half Term. To help you get started, check out our fun postcard templates here - <https://jmp.sh/iFlayrF>

Make time each day to be with your family: Try to arrange a fixed time each day to eat breakfast, lunch or dinner together. Why not try playing these games and activities to bring a whole new sense of fun to meal times - <https://thefamilydinnerproject.org/4week-program/support/games-and-activities/> Food, fun and conversation – what's not to love?!

Virtual Dinner Party: Whether this be a video-chat or phonecall – get together, while staying apart! Host a dinner party online and see how much fun you can have without even leaving your house! Dress up, decorate a little, set the table and invite your friends/family! Check out some great ideas here - www.proflowers.com/blog/virtual-dinner-party-ideas

Learn new skills.

It's time to learn a new skill this May!

Learn to use sign language: Check out the following links and videos to help you to learn sign language!
<https://jmp.sh/7oDjUxn> / <https://youtu.be/rR2Zb7TbiOA>
/ www.youtube.com/watch?v=se4kobRFSgg

Try getting creative with something new: Have a go at making these Nature Dream Catchers. Collect items when out walking or during your scavenger hunt and use this link to help create a Nature Dream Catcher.
<https://mothenatured.com/nature-crafts/nature-dreamcatcher-craft/>

Exercise your brain with puzzles: Working on puzzles improves memory, cognitive function and problem solving skills! Try spending a little time each day during the May Half Term on one of these nature themed puzzles - www.activityvillage.co.uk/spring-puzzles. There is something for all ages to enjoy, including word searches, sudoku puzzles, match ups, dot to dots and counting puzzles!





Be physically active.

As the days get warmer and evenings become longer, May half term is the perfect time to head outdoors and get closer to nature. From hunting for bugs and planting seeds to whittling wood and building secret dens, there are so many things for families to do.

Arley Arboretum: Why not take a trip to Arley Arboretum to experience the quests, scavenger hunts and trails, along with The Maze, adventure play trail and appreciate the gardens and vast array of trees. www.arleyarboretum.co.uk/arley-kids/

The Buzz, Worcester: Opens on Tuesday 18th May! The Buzz is the perfect place to bounce away any excess energy! This inflatable adventure is suitable for all ages with many areas to explore with your best bouncing buddy! The Buzz is able to cater for families, groups of adults or children, and parties too!

Come explore their range of revolutionary equipment and attempt to beat their best bouncer around our time trial course. There are areas to explore solo and places to pair up with your pals, taking them on in 1-2-1 challenges or teaming up to be the biggest bee in the hive! <https://thebuzzworcester.co.uk/>

60 second challenges: Use the link below to complete these fun 'compete against yourself' challenges with a focus on resilience and perseverance - the aim to achieve bronze, silver or gold medal targets. Use the tracking sheet to record your scores! www.youthsporttrust.org/60-second-physical-activity-challenges. Can you come up with your own 60 second challenge?

PE Board Game: With the weather improving why not get the whole family outside and play one of the Youth Sport Trust's Active boards - perfect for any type of Staycation, whether you're at home, in a park, on a beach or even in a tent! From snakes and ladders to bingo – get everyone involved!

www.youthsporttrust.org/family-activities

Jump rope routine: Jump rope is a great aerobic exercise and will get your heart rate up in no time. Fancy learning a jump rope routine? You can find tutorials online for everything from basic tricks through to complicated routines.

www.youtube.com/watch?v=pMSqCGHbS7k

www.youtube.com/watch?v=MEotvOVgTOI

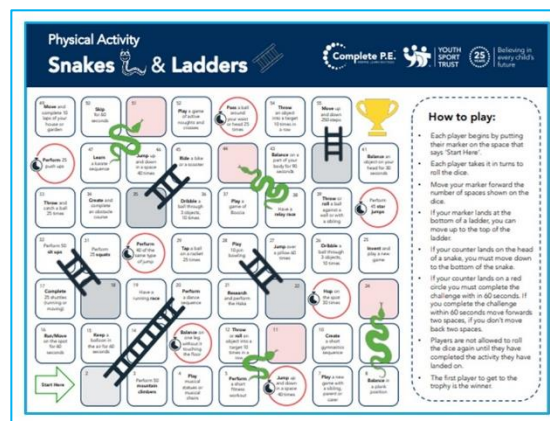
Gratitude scavenger hunt: During the holidays, go outdoors and have a go at this Gratitude Scavenger Hunt -

www.naturalbeachliving.com/gratitude-scavenger-hunt/

Whitsun walk: Let's keep it simple! If the weather is nice, just go for a nice, long walk in your local area. Can you see any Bluebells? Is the elderflower out yet?

Avoncroft Museum re-opens: Avoncroft are very happy to announce that they're reopening their grounds from the 1st May for the price of just £5 per person. This will be weekends only, with the addition of the Bank Holiday on the 3rd. The tea room will also be open for take away food and drink.

Booking is available at www.avoncroft.org.uk





Give to others.

Make flower press cards: You just need some sheets of paper and some heavy books. Go out and search in the garden or nearby park/woods for some different flowers. You don't need many, just a few flower heads. Put them between the sheets of paper and halfway in between the pile of heavy books. After a few days the flowers will be neatly pressed and have dried out. You can use these to make pretty pictures, bookmarks or cards and gift to someone special.

Make an orange bird feeder: Turn an orange into a lovely homemade bird feeder. Hang it in your garden and give birds a little treat!

You'll need: An orange (one orange makes two feeders), knife, string, lard and birdseed.

Instructions:

1. Cut the orange across and scoop the flesh into a bowl.
2. Pierce two holes in the orange skin (at the base) and thread a piece of string through them to make a hanging loop.
3. Mix small pieces of lard with bird seeds and fill the orange with the mix.
4. Hang your bird feeder on a tree branch in a visible area to attract birds

Get cooking: Make some spring themed cupcakes - www.renbehan.com/2011/03/lemony-spring-cupcakes.html and gift them to someone special.

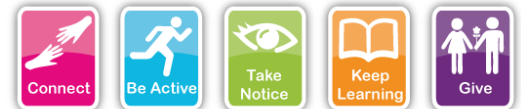


Pay attention to the present moment (mindfulness).

Mindful drinking: Sit down, comfortably, with a glass or bottle of water. Take a sip and to let the water linger in their mouths. Notice the temperature of the water. Notice where the water is in your mouth, against your cheeks, tongue, gums and teeth. What can you taste with the water? Do you notice any flavour that you haven't noticed before? What sensations do you notice when the water is being swallowed, as it flows down your throat and into your stomach. Take another sip and allow yourself to be in the present moment of drinking their water.

Mindfulness Challenges: Have a go at some spring-themed mindfulness colouring! Take a moment of calm each day and colour - www.supercoloring.com/coloring-pages/nature-seasons/spring

Smile and Learn Yoga: Enhance your physical and mental wellbeing through some Easter related yoga adventures: www.youtube.com/channel/UCxoDMG0tvaYO5Xobvtqw5nw



5 Ways to Wellbeing



We welcome any feedback on this newsletter and would love to see any photos/videos of families taking part in any of the Wellbeing activities. Please Tweet or email us:



@WyreForestSSP



amays@shs.saet.co.uk



@WyreForestSchoolSportPartnership