

Use this timetable if you are social distancing. It supports the ‘5 ways to wellbeing’ by using activities that look after your mental wellbeing at what might be an anxious or lonely time. We will be staying active, learning new things, connecting with nature, ourselves and others, giving our time to others and taking notice of how we are feeling.

Monday:

1. ‘Beat the coach’ weekly challenge
2. Daily Doodle
3. Home Exercise with Coach Sam #1

5 ways to wellbeing:

Be Active, Connect
Keep Learning
Be Active, Connect

What do you need?

Access to our Facebook Page: **Active and Inclusive Swindon**
Pens, paper, crafts **ALSO** see resources below
Access to our Facebook Page for video

Tuesday:

1. Seated Zumba Gold (4pm)
2. Daily Doodle
3. Weekly Makaton challenge

Be Active, Connect
Keep Learning
Keep Learning, Connect

Access to our Facebook Page for video
Pens, paper, crafts **ALSO** see resources below
Access to our Facebook Page **OR** guidance in useful links below

Wednesday:

1. Home Exercise with Coach Sam #2
2. Daily Doodle
3. Pillow workout with Coach Lewis

Be Active, Connect
Keep Learning
Be Active, Take Notice

Access to our Facebook Page for video
Pens, paper, crafts **ALSO** see resources below
Access to our Facebook Page for video **OR** ‘Pillow Workout’ below

Thursday:

1. At home ‘mindfulness’
2. Daily Doodle
3. Stair workout with Coach Lewis

Be Active, Take Notice, Connect

Keep Learning
Be Active, Connect

Relaxing space (Garden or balcony), notice 5 things you can **see**, 4 things you can **hear**, 3 things you can **feel** (E.G. Feet on the ground), 2 things you can **smell**, and 1 thing you can **taste**

Pens, paper, crafts **ALSO** see resources below
Access to our Facebook Page for video **OR** ‘Stair Workout’ below

Friday:

1. Home Exercise with Coach Sam #3
2. Call / text / video call someone
3. Daily Doodle

Be Active, Connect
Give, Connect
Keep Learning

Access to our Facebook page for the post
Phone, time to call or text a friend or relative
Pens, paper, crafts **ALSO** see resources below

Saturday:

1. BONUS 'Beat the Coach' challenge
2. Cook a new healthy meal
3. Daily Doodle

Be Active, Connect
Keep Learning
Keep Learning

Access to our Facebook page for the video
Recipe book/website, ingredients see **useful links** below
Pens, paper, crafts **ALSO** see resources below

Sunday:

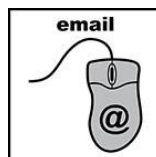
1. Try meditation
2. Gratitude list
3. Daily Doodle

Take Notice, Connect
Take Notice, Give
Keep Learning

Meditation app **OR** useful links below on how to meditate
Write down 5 things that you are grateful for this week
Pens, paper, crafts **ALSO** see resources below

If you have any questions, here is how you can contact us:

Email: lbird@swindon.gov.uk (Lewis Bird)



Tel: 07976 909660



Check us out on Facebook: Active & Inclusive Swindon



Or our website:
www.activeandinclusiveswindon.co.uk



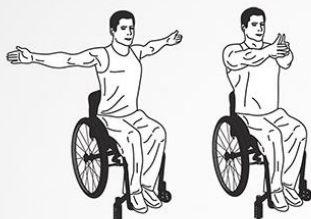
It is vital that you follow NHS guidance to keep yourself safe during the Coronavirus outbreak. Follow <https://www.nhs.uk/conditions/coronavirus-covid-19/> for more information if you are unsure.

Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

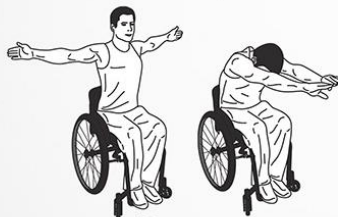
www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



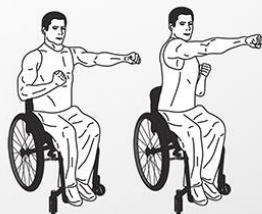
10 dives



10 raised arm circles
5 clockwise / 5 counterclockwise



20 overhead punches



20 punches

pillow workout

repeat 5 times | up to 2 minute rest between sets

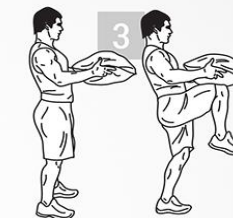
@ neilarey.com



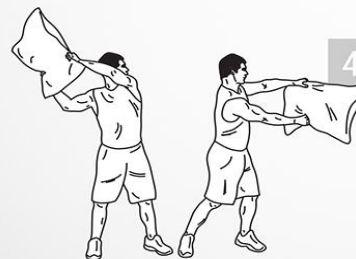
20 pillow presses



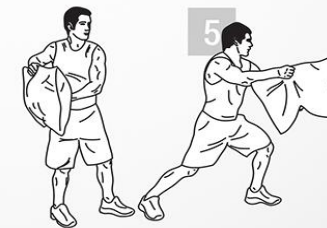
10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges

www.nhs.uk **NHS** choices

Stairs Workout

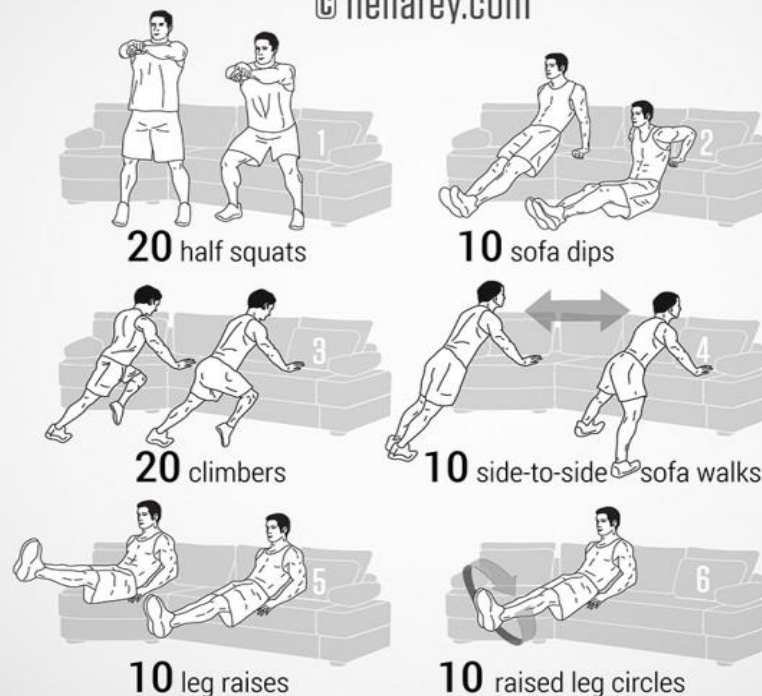
Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
© neilarey.com



www.nhs.uk **NHS** choices

Sofa Workout

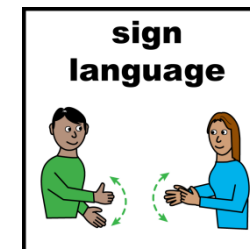
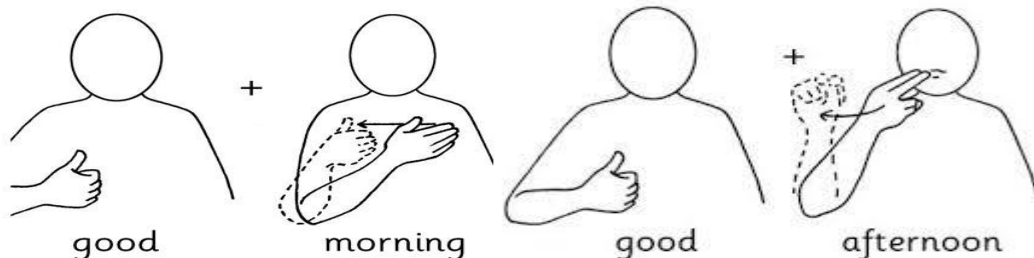
Repeat 3 times | up to 2min rest between sets
© neilarey.com



www.nhs.uk **NHS** choices

Useful Links:

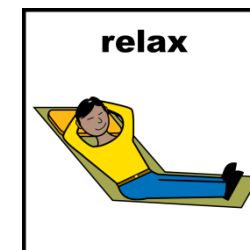
Makaton Challenge: This week we will be learning to say 'Good morning' and 'Good afternoon'



Meditation: Firstly, try a reputable app such as Headspace: <https://www.headspace.com/>

If you can't access the app, try this:

1. Sit or lie down somewhere comfortable
2. Close your eyes
3. Make no effort to try and control your breath, just breathe normally
4. Focus on the breath, which parts of your body move when you breathe?
5. Keep doing this for a few minutes to start with, if you get distracted that's OK, just return to focussing on the breath

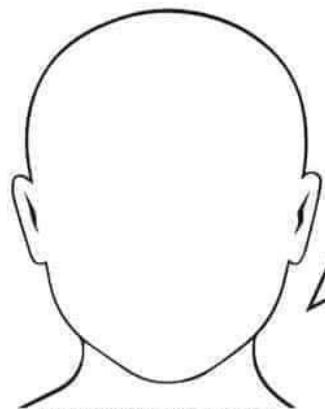


Healthy eating and recipes: Change 4 Life has some fantastic meal resources:

- <https://www.nhs.uk/change4life/recipes>
- They also have an app: https://play.google.com/store/apps/details?id=uk.nhs.befoodsmart&hl=en_GB



HOW I'M FEELING



WORDS TO DESCRIBE HOW I FEEL:

HOW MY FACE LOOKS



WHAT I HAVE LEARNT MOST FROM THIS EXPERIENCE:

I AM MOST THANKFUL FOR

THE 3 THINGS I AM MOST EXCITED TO DO WHEN THIS IS OVER:

1	2	3

INTERVIEW YOUR PARENTS

WHAT HAS BEEN THE BIGGEST CHANGE?

HOW ARE YOU FINDING HOMESCHOOLING?



DAYS SPENT INSIDE

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. _____
2. _____
3. _____

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : _____

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: _____

FOVOURITE TIME OF DAY: _____