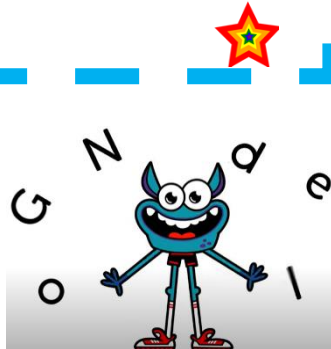
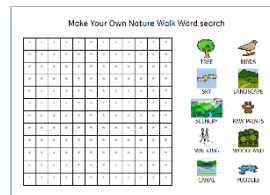


It's really important that during these challenging times caused by the coronavirus that we pay close attention to our own wellbeing, and the wellbeing of those around us. This page is full of helpful ideas and links to resources that can support you to look after yourself and your loved ones. At Woodside we understand the importance of the 5 ways to Wellbeing. → → → → → ↴

This newsletter will focus on **BE ACTIVE** - Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Try some of the links on here to start being active today!

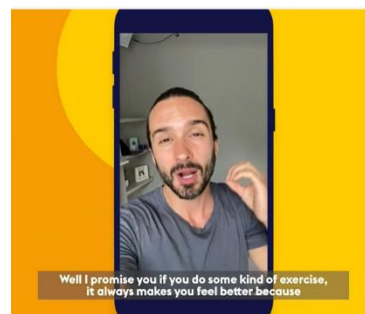


GO outdoors! It is so important to try and get outside as much as you can. Further down you will find these printable sheets, things you can have fun doing while being active!



We're sure you know who this man is! Yes, Joe Wicks is the person to go to if you have lots of energy you need to get rid of. You can choose from 5 minutes to 30 minutes of exercise. So follow the link and GO FOR IT!

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



GoNoodle



BE ACTIVE USEFUL LINKS YOU MAY WANT TO TRY:

- **BE ACTIVE SITES:**

<https://www.youtube.com/watch?v=rDtExUeLAzY>

- **GONOODLE:**

https://www.youtube.com/watch?v=bRkLioT_NA

- **NHS FITNES AND SHAKE UP ACTIVITIES FOR INDOORS:**

<https://www.nhs.uk/live-well/exercise/free-fitness-ideas/>

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

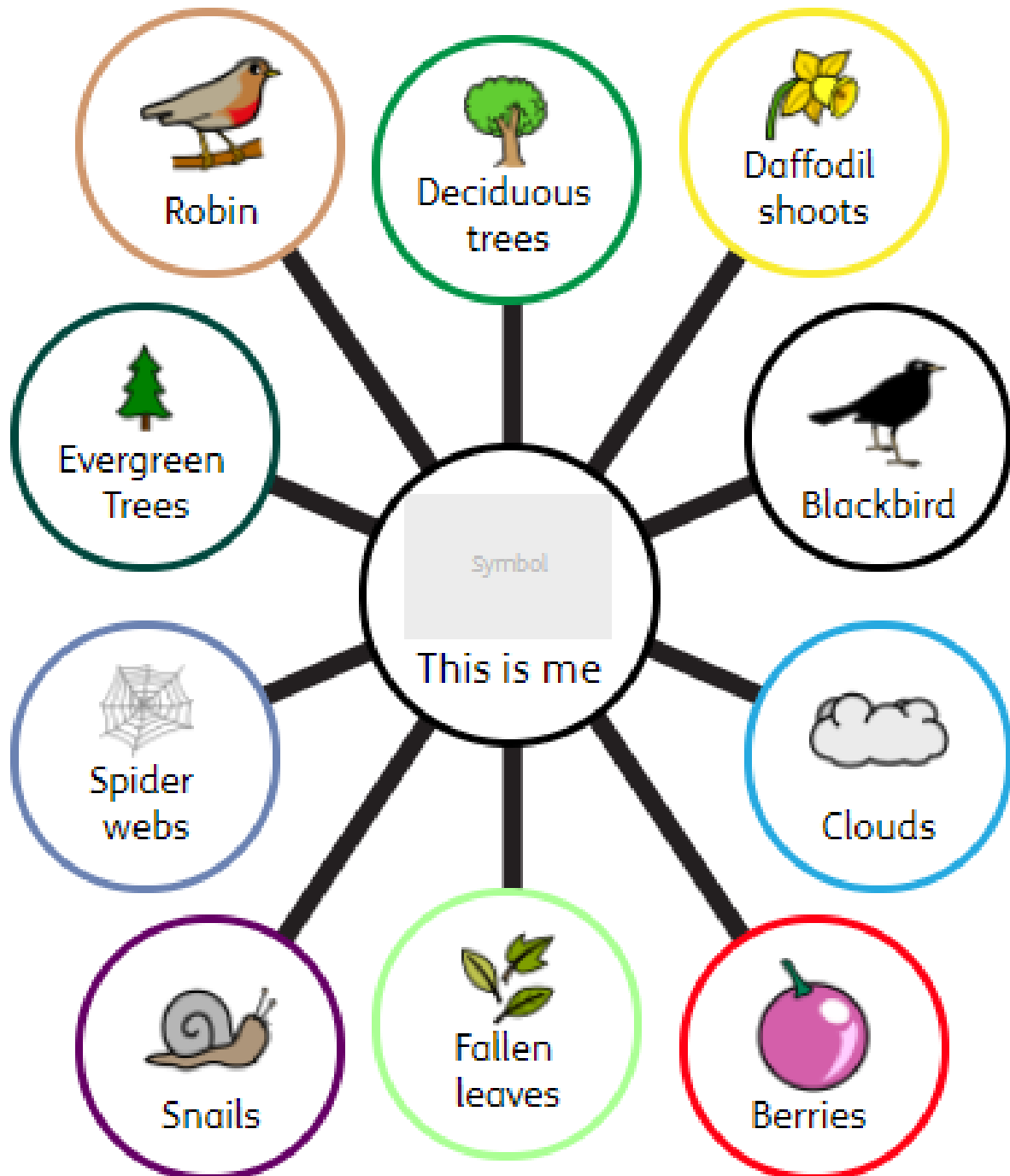
<https://www.nhs.uk/oneyou/every-mind-matters>

<https://www.nhs.uk/change4life/activities/indoor-activities>

Remember, be mindful of how you feel before and after any exercise. You will start to feel an improvement in your mood.

*Don't forget, you can take a picture and upload to Google Classrooms!

On my walk today I spotted...



Tick them off every time you spot one!

