



Spar Lancashire School Games

February 1st - 7th 2021 Secondary School Resources (Children's Mental Health Week)

We understand that keeping active during the Covid-19 outbreak is challenging which is why we have put together a list of resources to help keep you maintain your physical and mental wellbeing.

Online Resources available

- [PE With Joe Wicks, 9am on Monday, Wednesday & Friday's](#)
- [Yogi Group Secondary School Yoga](#) (Created for Lancashire School Games)
- [Couch to 5k](#) fancy taking up running? The couch to 5k app helps you build up your runs slowly so that by the end of the programme you are able to complete 5km!
- [Our Parks](#) Try these free workout classes for beginners.
- [Nike Training Club App](#) Go all-in by working out with NTC live in your living room.
- [Sweaty Betty](#) Work out from home with Sweaty Betty's online fitness classes. With workouts ranging from yoga to HIIT.
- [Les Mills](#) Free access to 100+ workouts. There is something for everyone from high intensity interval training designed to improve your strength and fitness fast, dance fitness workouts. The Born to Move children's workouts will get everyone from 4-16 years moving.
- [POPSUGAR Fitness](#) Hundreds of workouts from celebrity trainers and experts.
- [Brian Rose Workout](#)- We asked local Pro Boxer Brian Rose to provide us with some home workouts, [Skipping Home workout](#)
- [Shaun Gash Home Workout](#) A home workout with local paraplegic athlete Shaun Gash

Supporting your mental wellbeing

- [Hub of Hope](#) By typing in your postcode you will see all the local people you can speak to if you're struggling with; Anxiety, depression or any other mental health disorders.
- [Young Minds](#) There are some great resources on their website to support **"young people get the best possible mental health support and have the resilience to overcome life's challenges."**
- [NHS- Every Mind Matters](#) Look after your mental health by taking the mind quiz to identify some positive steps you can take to manage your mental health.
- [Children's Mental Health Week](#) Some activities to do in school or at home, [#childrensmentalhealthweek](#)

Other Suggested Games and Activities

Go for a walk, run or cycle (try to choose a time when it is quiet and remember to observe social distancing rules)

[Have a go at Lancaster & Heysham SGO's Family Adventure activity](#)

[\(Example- please click to view\)](#)

Learn a new skill and try to perfect it



5 Ways to Wellbeing Weekly diary

The **Five Ways to Wellbeing** (Connect, Be Active, Take Notice, Keep Learning, Give) are simple and proven actions that help people find balance, build resilience and boost mental health and **wellbeing**.

Using the resources above, home learning provided by your school and with support from your parents, guardians, carers and teachers please list in the table below how you have:

Connected - How have you connected with a friend, family or teacher this week?

Been Active - What Activities have you undertaken this week to be active?

Taken Notice - How have you enjoyed the moment or the environment this week? Have you noticed how someone is feeling and helped?

Kept Learning - Learn a new skill, why not try some of the activities above and learn some new activities or movements to try out?

Given - How have you helped someone else this week?

	Connected	Been Active	Take Notice	Kept Learning	Given
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					