****  **St Thomas of Aquin’s**

**Health and Wellbeing**

**A home learning resource for the whole family**

* Use this grid to keep healthy at home over the course of a week. It can be used for the whole family! Repeat the week for a month.
* The tasks are designed to improve you physical, mental and social health. All just as important as each other.
* Complete each of the exercise tasks twice a week if you can!
* Look out for our green love heart which means you are self-caring and looking after your mental wellbeing
* Be creative- if you don’t like the task or you don’t have access to completing it, try something similar or do another one of the tasks a few times.

If you have access to the internet here are a few links that will give you great exercise ideas to do at home on your own or with someone else:-

* Youtube:- HITT Fit and Fabulous

A great resource for short and sharp workout from intermediate level- great to do with an adult too.

* Youtube- Jo Wicks- 5 minute move

Brilliant for a morning wake up- maybe get your wee brother/sister/cousin involved too

* Youtube- Absolute beginners HITT workout- The Body Coach- Jo Wicks

Workouts for all levels of fitness- hundreds of videos from Jo Wicks online as well as dietary advice.

* Youtube- Back to Basic guided Meditation: For beginners and returning mediation users

For when you just want to relax. Meditation can be for anyone, do not judge it! Give it a try when you are feeling overwhelmed and see how you like it. Great also for if you are having trouble sleeping.

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| Go out a brisk walk with a family member/friend. The walk should last no less than 30 minutes. Your heart rate should go over 100 beats per minute. The more the hills the better!C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\F12B850D.tmpC:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\BD775133.tmp | C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\B7B0366.tmpMake your own breakfast, lunch or dinner and sit and eat it with a member of your family/friends. Talk about something that is on your mind which is making you happy or worried  | C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1F7CE7A3.tmpIn a small space in your house put some music on loud do the following exercises 3 times over:-40 sec of running on the spot (rest for 20)40 sec of star jumps (rest for20)40 sec of squats (rest of 20)40 sec of pretending to climb a rope (rest for 20)40 sec of fast feet on the spot (rest for 20) |
| C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A7257F67.tmpClear out a drawer or cupboard that is messy in your home. Help with the house work. House work can be tiring if it is done properly. Listen to music or a podcast whilst you work to help motivate you. | C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\4622B915.tmpDrink 2 litres of water (or low sugar diluting juice) today over the course of the whole day and monitor how you feel at the end of the day. Do you feel more energised? Is your head sore? Do you feel tired? Challenge yourself and do this for a week! You will sleep and focus much better!  | C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\66BF4DF0.tmpWrite down 10 things that make you feel happy/proud/positive.Write down anything that makes you feel worried/anxious/sad. Choose one of these things and talk to a friends about it. They may not be able to solve it but talking and writing about your worries can really help. |
| On the floor in your house do the following exercises 3 times over:-40 sec of ab crunches (rest for 20)40 sec of holding ‘the plank’ (rest for20)40 sec of press ups (rest of 20)40 sec of mountain climbers (rest for 20)40 sec of leg cycles (rest for 20)C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\1F7CE7A3.tmpRepeat x 3 with your favourite music on loud! Use ‘youtube’ to help with technique | Find a quiet space. Lie on your back and make sure you are comfortable and warm. Breath deeply for 1 minute. Relax each part of your body working from your head to your toes. Imagine yourself on a sunny beach feeling the heat on your face. Keep reminding yourself to breathe C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\66BF4DF0.tmpand relax. Lie still and continue for another 5 -10 minutes.‘Headspace’ on you tube will give you support with this also. | C:\Users\9028520\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\66BF4DF0.tmpSend a message/write letter/make a phone call to someone you care about and tell them how much they mean to you. Get in touch with someone you haven’t spoken to for a while and ask how they are.  |