



Wellbeing Day

Thursday 11 June 2020

Live sessions links will sent out on the morning and will be on Teams Co-curricular channel

Recorded sessions will be on Stream and links sent out on the morning

Students need education to include how to understand and look after their mental health –just like we learn how to look after our physical health.

By shifting the focus to preventing mental health problems and building resilience we can do so much to improve the lives of so many. Good wellbeing on leaving school has a much greater impact on life outcomes than exam success.

Sarah Brennan

Chief Executive, YoungMinds

How will you spend your day?

Explore the day attending live sessions, dip into a recorded podcast, take up a new activity or indulge in your favourite ones.

This is your life and time is a luxury, so do grasp this opportunity and enjoy!

Live Sessions:

- 8.00am New connections: our King's Exchange Ambassadors meet virtually with Tara School, Sydney Australia
- 8.45am Our Wellbeing Ambassador lead the whole school assembly
- 9.15am Dramatize with Mrs Wild (Years 7 and 8)
- 9.30am Dramatize with Miss Price (Years 9 and 10)
- 9.45am Mr Walker introduces the Emergency First Aid course
- 10.00am Culinary Creations with Mrs Didlick and Mrs Gregory
- 10.30am Professor Elaine Fox "Coping with social distancing: developing resilience" talk
- 2.00pm Mindfulness with Julie Day
- 2.30pm TAP inspiration – Sigi Burger talks about life in "Superleague Netball"
- 3.30pm HIIT with Miss Clarke

Recorded sessions:

In conversation with ... Nicola Morgan and our Wellbeing Ambassadors

Alumna Yolanda Viola talks about life after King's

Alumna Felicity Bee talks about life on the track – the GB Bobsleigh track!!

Relaxation and Sleep session with Mrs Knight



In conversation with... Nicola Morgan

Join the Saffy, Gigi, Ruby and Georgie in conversation with Nicola.

Nicola is an internationally-acclaimed author and authority on teenage wellbeing, how stress impacts performance, effects of screens, social media and reading for pleasure. She was a multi-award-winning YA novelist before writing her best-selling examination of the teenage brain, "Blame My Brain", which was shortlisted for the Aventis Prize. She followed this with the Teenage Guide to Stress, Teenage Guide to Friends, Positively Teenage, Life Online. Nicola has a Master's degree from Cambridge University in Classics and Philosophy, Diplomas in Specific Learning Difficulties and Youth Counselling and will talk to students about the science behind wellbeing and ultimately our success.



Professor Elaine Fox: "Coping with social distancing: developing resilience"

Professor Fox is Oxford University's Professor of Psychology and Affective Neuroscience and her work focusses on the nature of human emotions and why people differ so much from each other in how they react to similar environmental situations.



Author of "Rainy Brain Sunny Brain" which is a fascinating read, she was recently appointed as UK Research and Innovation (UKRI) Impact and Engagement Co-ordinator, to lead eight mental health networks highlighting the importance of why mental health research matters.

Professor Fox is currently undertaking research into the impact self isolation has had on our mental health and King's parents and students are invited to join this research programme (please follow [this link](#)). For further information about Professor Fox's current research please visit this [Oxford Uni link](#)

Following our dreams:

Alumna Yolanda Viola talks about "Life after King's"

Follow your passions in life: Old girl Yolanda Viola talks about life after King's and what it can be. Yolanda left King's to study Modern and Medieval Languages at Cambridge, lived in Cuba and then studied Music and Dance at Trinity Laban Conservatorie as well as the Cátedra del Ballet Nacional de Cuba. Now in the South of France, Yolanda talks about making the most of opportunities and living life to the full. **Join Yolanda for her recorded session on "Life after King's"**



Alumna Felicity Bee talks about life on the track – the GB Bobsleigh track!!

Felicity is in her final year of Medicine at Cardiff University but in her spare time represents Great Britain in the bobsleigh. Having competed at school in the heptathlon and javelin for the Birchfield Harriers and representing Wales at junior level in these athletic disciplines, Felicity joined the BBSA (British Bobsleigh and Skeleton Association) in October 2018 and has raced competitively since then, coming 8th in La Plagne in March 2020 in the monobob and has also competed in the women's two-man bobsleigh at the end of this season. She aims to compete in both at the Beijing Olympics in 2022. **Come hear about her journey and how life on the ice is great!**



Netball Superleague player Sigi Burger

Join South African international Sigi as she talks about being part of the South Africa Netball Squad who finished 4th in the 2019 World Cup and enjoying life in the superleague and competitive sport.





Relaxation and Sleep

We all know the importance of sleep but sometimes it doesn't come naturally to us. Recent research from KCL shows that two thirds of those interviewed reported a negative impact on their sleep during this pandemic and while lockdown measures have been in place. Sleep plays a vital role in good health and wellbeing so come and learn some sleeping techniques and relax with Mrs Knight.

Join Mrs Knight for this recorded session

Mindfulness with Julie Day

Mindfulness practices can help us to increase our ability to regulate our emotions, decrease stress and anxiety and depression. It can also help us to focus our attention as well as to observe our thoughts and feelings without making a judgement. Julie is a former member of staff, accredited .b coach and both her children Nellie and Henry were in the Foundation.



Join Julie via this [Zoom link](#) at 2.00pm

Emergency First Aid

If you were at the park with a friend, you notice they started choking on a boiled sweet and they were becoming distressed, would you know what to do? After climbing a steep hill your friend started wheezing and had difficulty breathing. What would you do? These are potentially life-threatening situations and having some basic first aid knowledge is an important skill everybody should have.

Would you like to learn some basic first aid skills? Then you can with the St John Ambulance online self-teaching package. It has instructional videos, test quizzes and emergency scenarios you can simulate and photograph

Join Mr Walker for his introduction to the course at 9.45 [Course link](#)

HIIT and Yoga

Let's get the blood pumping and endorphins flowing! HIIT workouts combine a short period of intense exercise with periods of rest or low intensity exercise, making you feel great! Then we'll wind down with some sun salutations (yoga) which is great for the mind, body and soul!

Join Miss Clarke for a live session at 3.30pm

Dramatize

Year 7 and 8

A workshop in two Acts! Act 1 - use drama techniques to relax, chill & unwind. Act 2 - we pick up the pace with a choice of activity including physical theatre and your favourite pop songs! Miss it, miss out!

Join Mrs Wild live at 9.15am

Year 9 and 10

A workshop in two Acts! Act 1 - use drama techniques to relax, chill & unwind. Act 2 - we pick up the pace with a choice of activity including physical theatre and your favourite pop songs! Miss it, miss out!

Join Miss Price live at 9.30am

Culinary Creations

Join our very own King's Master Chefs to create a perfect feast for the day feast... [Wellbeing Cooking Activity Booklet](#)

Join Mrs Didlick and Mrs Gregory live at 10am



Creative Ideas

Being restricted in our ability to go far and wide, why not think about how you can find inspiration in simple ways such as going for a walk. Why not try out one of these ideas and see Mrs Jordan's [PowerPoint link](#) for further ideas or look again at Dr Seal's incredible [Enrichment Booklet](#)



Go for a walk and be inspired by the nature around you, take photographs of your journey and make a creative journal.

Sit and create a drawing (or several) whilst out on your walk.

Record the sounds you can hear and the scene you can see - create a video or stop motion film about your walk.

Painted rocks - The kindness spreading treasure hunt.

Why not have some fun painting rocks and then using them for a treasure hunt or for just decoration. See this [Painted stones link](#)



Your pet loves you unconditionally. Take time to give back - spend time with your pet, pamper it and show how much you love him/her in return.

Just enjoy throwing a frisbee...



5-minute meditation

Redon's 'Ophelia among the Flowers'
Lose yourself in Redon's symphony of colour

Lose yourself in Redon's symphony of colour - 5 minute meditation at The National Gallery [Redon link](#)

Throughout the day, take pictures of what makes you happy such as your pet, flowers, trees, a book, a favourite item, somebody important to you. Then make it into a collage to have up on your wall.

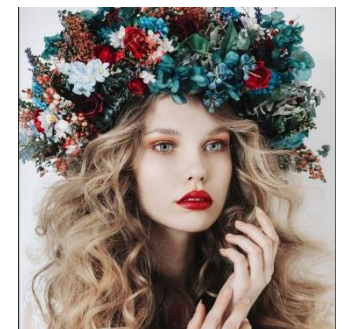


Find a selection of your favourite quotes or make up some of your own to inspire you. Make a decorative box or jar and put them in. Give them to someone important in your life or keep them and select one from time to time.

Find a piece of writing paper and decorate. Then, write a letter to yourself to read in five years time where you outline all that you enjoy, have inspired and what means the most to you.



Flower Crowns – why not have a go but don't forget to ask before your parents! [DIY Flower crown link](#) and [simple flower crown link](#)





King's High School