

4 Week Well-Being Programme



NAME :

YEAR GROUP:

Lady Nafisa School

#Covid-19 #Lockdown 3.0

This programme has been devised to help students during the Covid pandemic. This resource encourages students to participate in a weekly challenge as a small means to keep a healthy mindset and use participation as a positive coping strategy to improve mental health and wellbeing.

Week 1 Challenge #1

I move my body every day for at least 30 mins

Why?

Because movement matters!

Look below and see the benefits of moving your body. Walking/exercising releases ENDORPHINS (a.k.a happy hormones) so it's a great way to boost mood.

BRAIN

Walking boosts blood flow to the brain, decreases stress hormones and releases endorphins, improving mood, lowering depression and reducing the risk of cognitive decline.

MUSCLES

Walking up and down hills increases the activation of the hip, knee and ankle muscles; the steeper the grade, the bigger the benefit.

BONES

Like other weight-bearing activities, walking can help maintain bone health.

WEIGHT

Walking at least 30 minutes per day is linked to lower body weight, body fat and waist circumference.

BLOOD

Walking can help reduce insulin resistance, keeping blood sugar levels balanced and energy levels even.

HEART

Increasing your heart rate improves blood flow and helps your heart pump more efficiently, reducing the risk of cardiovascular disease.

DIGESTION

A post-meal walk can help food move through your digestive system, reducing bloating and digestion problems.

JOINTS

Movement increases the circulation of synovial fluid around the joints, providing essential lubrication and nutrients to the cartilage, the tissues that act as a cushion between bones.



How?

- Take a walk outside
- Do you YouTube workout video
- 30 mins sounds too much? Plan to walk for 10 mins every few hours
- Put on your favourite programme and commit to walking on the spot whilst you watch it
- Put on a nasheed/song and move your body for 30 mins

Show me your results!

Day	Activity	Signed by Mum/Dad

Let's Reflect (Write down your reflections below)

How did you feel after Day 1?

How did you feel after Day 7?

Can you keep it up for the rest of lockdown?

Week 2 Challenge #2

I can capture a moment in a photograph and caption it with ONE word

So, this week we want you to get outside and LOOK. Look at everything: houses, trees, people, birds, cars, the pavement - everything.

That's it. Look and then capture a moment in a picture. Any moment - something that means something to you, and we want you to caption it with ONE word. Only. One. Word.

Why?

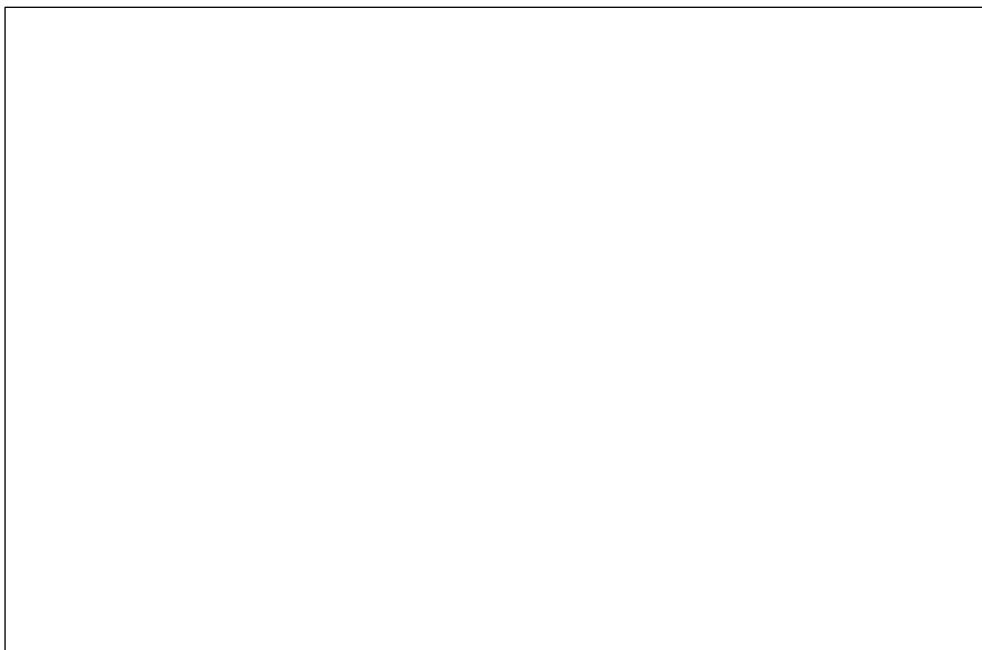
This challenge is all about being present and developing a mindfulness practice. Mindfulness is the virtue of muraqabah, a word which has the meaning "to watch, observe, regard attentively." One of the many benefits of this 'watching' and 'observing' is developing a sense of inner calm and stillness. As Muslims, the more we can develop this inner stillness, the more we can become connected to Allah (swt).

How?

Take a phone and go outside. You could walk and take a look around; you could choose a place to stand and observe the world around you.

Once you've taken the photo, upload it and stick it in the box below with your caption. Don't add any filters/effects/colour tones.

Show me your photograph!



Let's reflect...

Why did you decide this was your final image?

What did you notice that surprised you?

Week 3 Challenge #3

I can cook/bake something to feed to others

Why?

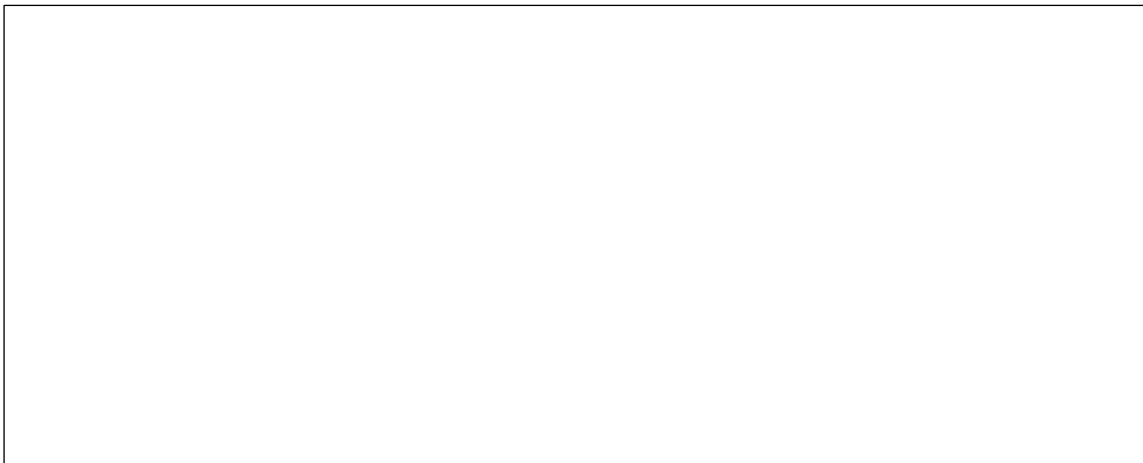
As Muslims, we often interpret feeding others as feeding the poor only. We overlook the blessed act of simply feeding our family. Research shows that being kind to others improves our own well being and promotes changes in our brain that are linked to happiness.

How?

Choose a day this week and prepare a meal for someone in your household - If you can, do it for the whole family! It can be breakfast, lunch, dinner or even dessert. Make something that others like. Take a photo of your creation and add it below.

The proof is in the pudding!

Post a picture here:



What did you make?

Who did you make it for?

Have you ever made this before?

Let's Reflect

How hard did you find this task?

Did you enjoy what you made?

Is this something you could do regularly?

Week 4 Challenge #4

I can create art

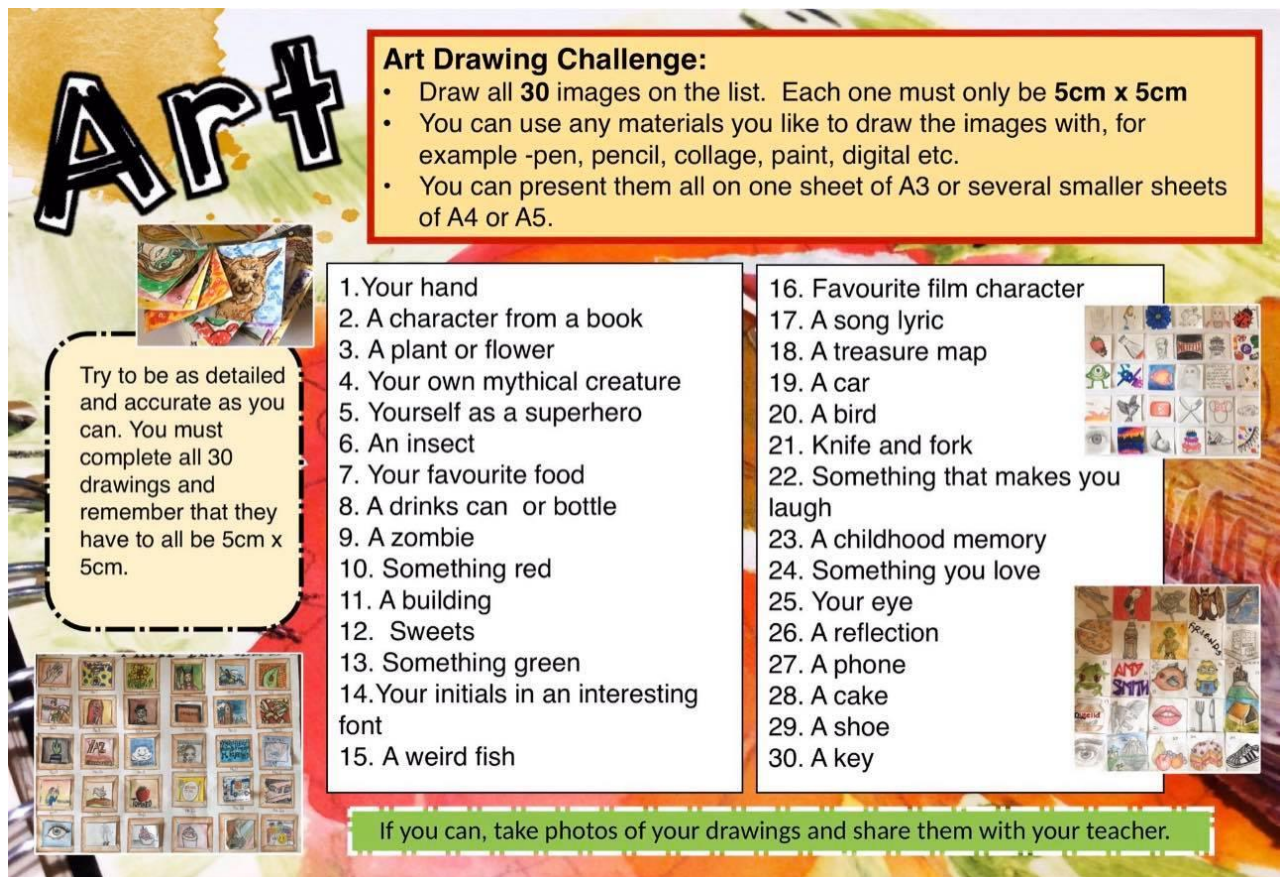
Why?

Research shows engaging in art can boost confidence and make us feel more engaged and resilient. Additionally, art engagement can help alleviate anxiety, depression and stress.

How?

This week your challenge is to create 9 small pieces (5cm X 5cm) of art (LOOK AT THE POSTER BELOW. Choose any 9 items from list). You can draw using a pencil, pens, markers, crayons - anything you have at home. You can paint pictures, use collage, use photographs - You decide.

We just want you to spend some time this week engaging in art activities. Once you have 9 pieces, put them together (you decide the order) and take a picture. Insert photograph below.



Art

Art Drawing Challenge:

- Draw all 30 images on the list. Each one must only be 5cm x 5cm
- You can use any materials you like to draw the images with, for example -pen, pencil, collage, paint, digital etc.
- You can present them all on one sheet of A3 or several smaller sheets of A4 or A5.

Try to be as detailed and accurate as you can. You must complete all 30 drawings and remember that they have to all be 5cm x 5cm.

1. Your hand
2. A character from a book
3. A plant or flower
4. Your own mythical creature
5. Yourself as a superhero
6. An insect
7. Your favourite food
8. A drinks can or bottle
9. A zombie
10. Something red
11. A building
12. Sweets
13. Something green
14. Your initials in an interesting font
15. A weird fish
16. Favourite film character
17. A song lyric
18. A treasure map
19. A car
20. A bird
21. Knife and fork
22. Something that makes you laugh
23. A childhood memory
24. Something you love
25. Your eye
26. A reflection
27. A phone
28. A cake
29. A shoe
30. A key

If you can, take photos of your drawings and share them with your teacher.

Let's reflect...

Did you find any pictures challenging to create? Why?

What do you like about what you have created?

Which picture is your favourite and why?

How did you feel as you were working on your artwork?



AWESOME JOB
YOU HAVE MADE IT TO THE END

YOU DID IT!

EMAIL YOUR COMPLETED BOOKLET TO
ADMIN@LADYNAFISA.ORG AND BE READY TO
RECEIVE A MINI PRIZE