

This weeks Karma Kids video is box breathing. A breathing technique used by athletes to stay calm and focused. GIVE IT A TRY!

REMEMBER THE 3 WFA VIDEOS WERE MADE ESPECIALLY FOR US TO USE! SO WHENEVER YOU ARE FELLING STRESSED, ANXIOUS, RESTLESS, CONFUSED, ANGRY OR HOWEVER YOU FEEL, THESE VIDEO WILL HELP YOU RECENTRE AND REFOCUS!



#boreashealing #boxbreath #kkyt
Box Breathing - WFA Part 3

1 view • May 12, 2020

 0  0  SHARE  SAVE ...

Helpful links! WFA is here for you...

Check out our website www.westonfavellacademy.org for helpful information for you and your family....

no matter what happens,



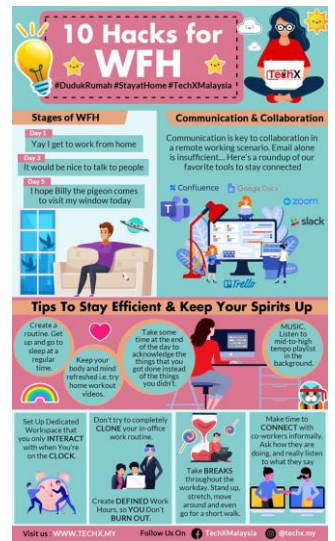
I'll always be here for you.

to develop opportunities for such activities and extend the range of residential trips
le.

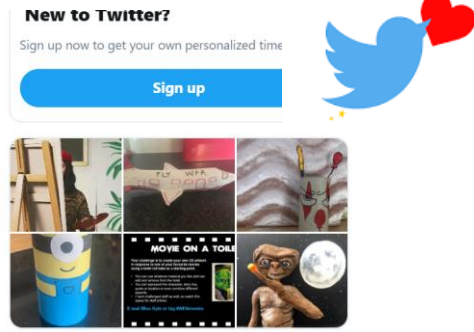
- GCSEPod
- Healthy body, healthy mind - COVID STYLE!
- Library resources
- Show My Homework
- Staying Safe
- Student Voice
- Timings of the Day
- Trips and Events
- Wellbeing and Support



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Get active. Even if you're stuck indoors, move & stretch.	2. Contact a neighbour or friend and offer to help them.	3. Share what you are feeling and be willing to ask for help.	4. Take five minutes to sit still and breathe. Repeat regularly.	5. Call a loved one to catch up and really listen to them.	6. Get good sleep. No screens before bed or when waking up.	7. Stay hydrated, eat healthy food and boost your immune system.
8. Do three acts of kindness to help others, however small.	9. Respond positively to everyone you interact with.	10. Plan a game that you enjoyed when you were younger.	11. Make some progress on a project that matters to you.	12. Rediscover your favourite music that really fills your sails.	13. Learn something new or do something creative.	14. Find a fun way to do an extra 15 minutes of physical activity.
15. Take a nap.	16. Watch an interesting, amusing, funny or thought-provoking video like to learn more about.	17. Write down ten things you feel grateful for in the and why.	18. Call a loved one to catch up and really listen to them.	19. Get good sleep. No screens before bed or when waking up.	20. Stay hydrated, eat healthy food and boost your immune system.	21. Write down ten things you feel grateful for in the and why.
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And follow us on twitter...
<https://twitter.com/WestonFavellGAT>



Weston Favell Academy
@WestonFavellGAT
Weston Favell Academy caters for pupils aged 11-18. The Principal is Lorna Leventhal. Part of Greenwood Academies Trust.

Where to find support

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works
(covering Kettering & Corby)
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:
Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



Service Six
Changing Lives • Creating Futures

If you worried about anything or need to talk to someone, please contact us on

Helpline (Phone or Text) Monday to Friday 9am – 5pm: 07718 003219
Email: referrals@servicesix.co.uk
Facebook: Service Six @servicesix123 or @ClaudiaSSix
Twitter: @ServiceSix1
Instagram: @servicesix
LinkedIn: Service Six



Everything will be better soon, just keep believing!



You can also talk to staff on teams or school email...



IT'S OKAY TO TALK



PAPYRUS
PREVENTION OF YOUNG SUICIDE

Samaritans UK
Tel: 116 123
samaritans.org
email jo@samaritans.org
Samaritans is available round the clock, every single day of the year. We provide a safe place for anyone struggling to cope

Papyrus
HOPELINEUK - 0800 068 4141
papyrus-uk.org
Worried about someone? Support for anyone under 35 experiencing thoughts of suicide, or anyone concerned that a young person may be experiencing thoughts of suicide.

Kooth.com
Kooth.com is an online counselling service that provides vulnerable young people, between the ages of 11 and 25, with advice and support for emotional or mental health problems

YoungMinds Helpline:
0808 802 5544
Parents information service
youngminds.org.uk

SHOUT
Text Shout to 85258
giveusashout.org
Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

Mind
MindInfoline:
0300 123 3393
The MindInfoLine offers thousands of callers confidential help on a range of mental health issues
mind.org.uk



CALM
0800 58 58 58
thecalmzone.net
The Campaign Against Living Miserably (CALM) works to prevent male suicide and offers support services for any man who is struggling or in crisis.