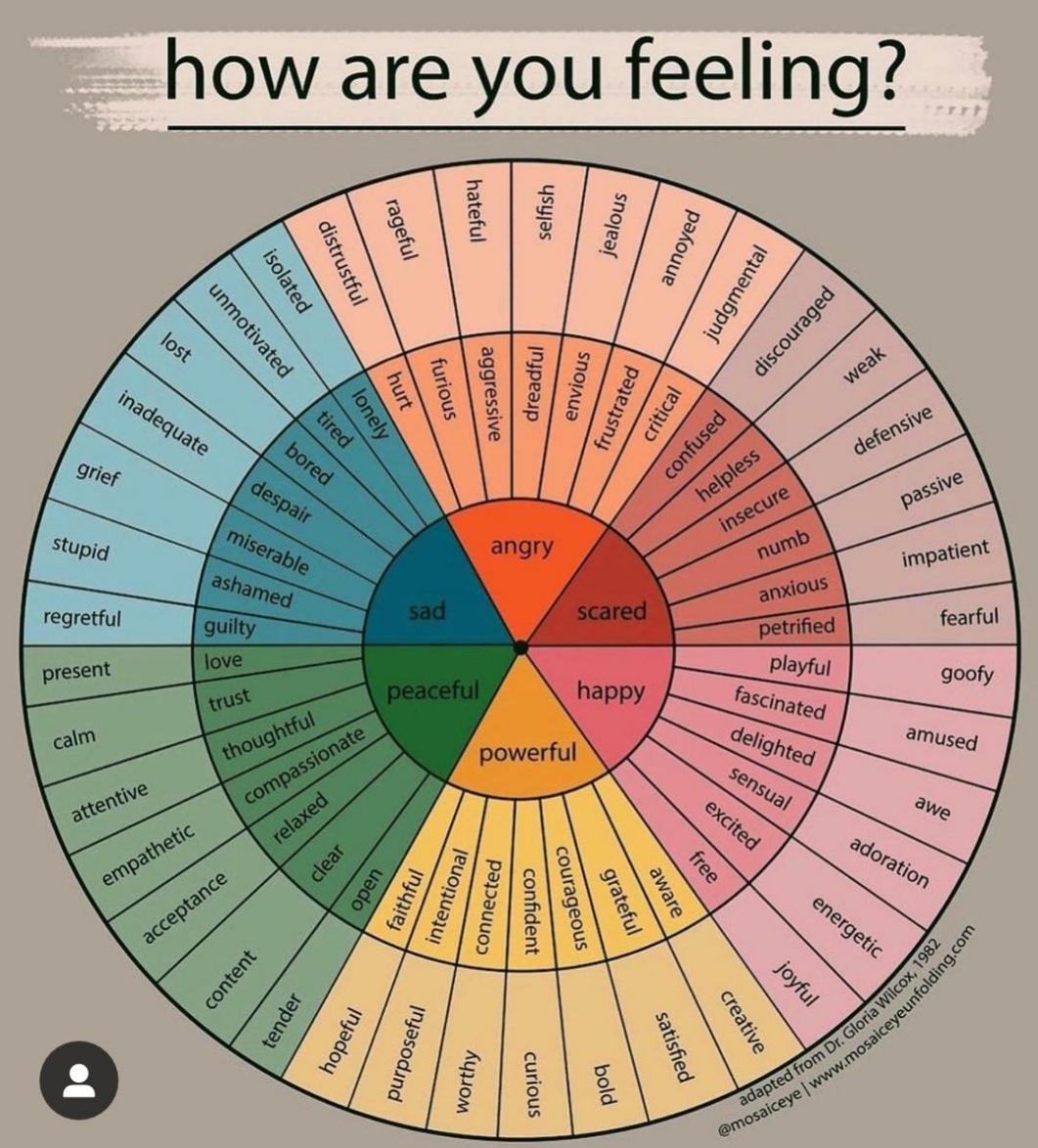


# How are you? How are your family?





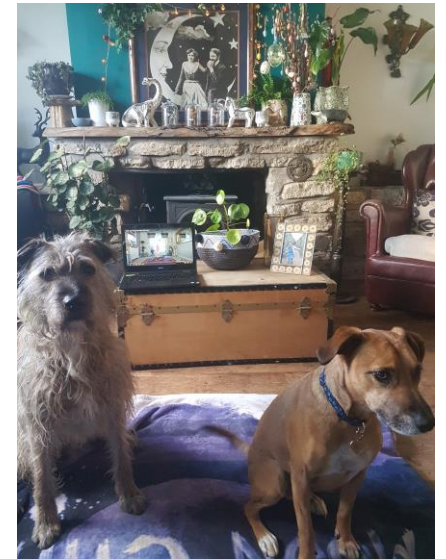
# Did you try Heather at Karma Kids yoga video yet?

Send your pictures of you doing some exercise or trying something new to [ewalker@westonfavellacadmy.org](mailto:ewalker@westonfavellacadmy.org) to spread some inspiration!

Heather from Karma Kids yoga is part of the

WFA community. She has made a WFA yoga and relaxation video just for us to help us stay well mentally and physically.

Maybe you could do this video with a family member who would enjoy it?

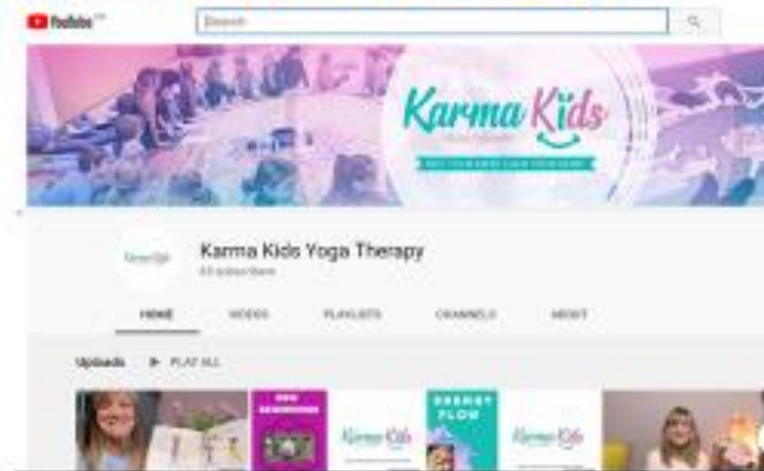


Ms Walker did the WFA yoga video on Friday with her dogs watching!

*'I was feeling tired and my back hurt from sitting at my computer- the yoga video made me feel better for the weekend..'*

Teens - Get up and Go flow WFA Part 1  
Here is the link:

<https://youtu.be/LUbUoe43-EA>



SEARCH...

Karma Kids Yoga Therapy



# ☯️ Slow and Positive Flow ☯️ WFA Part 2...



**WATCH** <https://www.youtube.com/watch?v=--yMYq2MdQM>

youtube.com/watch?v=--yMYq2MdQM

Apps WFA Bookmarks Mail - E Walker - O...

YouTube GB karma kids yoga therapy

Up next AUTOPLAY

**ENERGY FLOW**  
Karma Kids Yoga Therapy  
151 views • 1 month ago  
32:09

**Hip-opening yoga stretches**  
Living Better  
Recommended for you  
15:03

**The Giving Tree**  
Karma Kids Yoga Therapy  
82 views • 1 month ago  
15:14

**Unstoppable Me**  
Karma Kids Yoga Therapy  
59 views • 1 month ago  
14:54

#yinyoga #postiveaffirmations #kkyt  
**Slow and Positive Flow** WFA Part 2

26 views • May 1, 2020

2 0 SHARE SAVE ...

Heather says... 'This video is good for the whole family, helping to bring calm and balance and improving well-being.'



*It is good to try new things right now but also remember...*

# DON'T FEEL GUILTY FOR



gaining weight



not being productive



feeling upset, overwhelmed, or any emotion



reminding people to stay home

@GMF.DESIGNS

# BEWARE PANDEMIC PRESSURE!

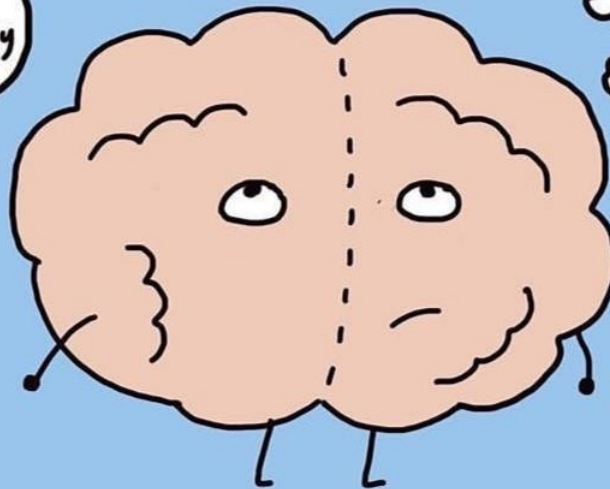
you should make a sourdough starter

you should get fit

That may work for you. But actually I just need to look after myself and do what works for me

you should use this time productively

you should set a busy schedule



you should learn a new skill

you should exercise every morning

@thepsychologymum



People can be very similar to plants....

*Ms Walker and Ms Kyle  
having been swapping  
plant advice...  
checkout Ms Kyles  
progress!*



## HOUSEPLANT LIFE LESSONS

<p>It's better to celebrate differences</p>  <p>than to compare a single aspect of growth.</p>	<p>There's nothing wrong with getting a little extra support.</p>  <p>Reach out &amp; hang on.</p>	<p>Some friends will help you; some "friends" will use you...</p>  <p>recognize the difference.</p>	<p>Having needs isn't selfish.</p>  <p>Do what's necessary to thrive.</p>
<p>It's natural to outgrow the pot you sprouted in.</p>  <p>It's okay to move on.</p>	<p>If you're feeling down,</p>  <p>open the shades &amp; let in the light.</p>	<p>If it no longer serves you...</p>  <p>it's healthier to just let it go.</p>	<p>Sometimes when it feels like life is cutting you down</p>  <p>you actually grow back stronger.</p>

**DO** Give yourself space to feel what you're feeling

it's OK if you need a minute to cry or let yourself feel things - no one is super human



**DON'T** Force yourself to find a silver lining - you might end up more frustrated or emotionally drained

feelings will happen - and that's OK

it's OK to feel bad



@beth evans

**DO** Give yourself a break - it's a stressful time and impossible to be perfect

honestly, you're probably doing amazing right now



**DON'T** Forget you're real, valid, and very much needed in this chaos!

xo beth evans



**DO** Pick an activity that gives you a break from the news cycle

not watching the news doesn't mean you don't care - it means you care about yourself too



**DON'T** Feel like you have to master five thousand new things or complete your life's work

burnout is real



**DO** Concentrate on what needs to be done today

Set realistic goals and accomplish what you can



**DON'T** Plan far into the future - we don't know what will happen, which is scary, and planning far ahead can be really stressful

this will only stress you out - take it a day at a time



@beth evans



# Take part in the....

CWMT Wellbeing challenge 2020

## Welcome

Thank you for signing up to take part in the Charlie Waller Memorial Trust's Wellbeing Challenge 2020.

This is an interactive challenge that we usually send out to schools but we have adapted it for parents to do at home with their children. The idea is to encourage young people to think positively about their mental health; it's based around the 'Five Ways to Mental Wellbeing'.

The main aim is to complete at least one wellbeing activity for each of the five ways during this three-week period, and document it by sending us a photo of the activity in progress. We have given you lots of ideas to help you out but you are welcome to do your own activities too. Obviously you can do much more than just one per 'way' if you are enjoying it!

The challenge is only for three weeks, but we hope that you enjoy some of the activities so much that you might start to include them in your everyday life.

If you are viewing this online and do not have access to a printer please do get in touch and we can post out a pack to you.

Submit your photos here

### Social media

We would love to create a bit of a buzz about the challenge and encourage as many people as possible to take part. If you are able to post photos on social media, we would love to see them and share any that you are happy for us to.

You can follow us on either Facebook, Instagram or Twitter and please tag us using the hashtag #wellbeingchallenge20.



Charlie Waller Memorial Trust



@CharlieWallerUK



@CharlieWTrust

CHECK OUT



<https://www.cwmt.org.uk/wellbeing-challenge>



### Five ways to mental wellbeing

**Connect** – 'connect' with people you know: family, friends and neighbours. Spend time developing these relationships but remember to keep to the Government guidelines on social distancing.

**Be active** – take a walk, jog or cycle or find another activity that you enjoy while also keeping to the Government guidelines on social distancing.

**Keep learning** – learning new skills can give you a sense of achievement and increased confidence.

**Give** – even the smallest act can count, whether it's a smile, a thank-you or a kind word.

**Take notice** – be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

### The prize

Sharky and George have very kindly donated a survival activity pack for two as well as some runners up prizes. Everyone taking part and completing our entry form will also receive our Five Ways to Mental Wellbeing window stickers.



### Timings

**The challenge will run from Monday 4th to Sunday 24th May.**

Submit your five best photos (one for each for the five ways) by uploading them to the entry form via the link below. **Closing date for entries is Monday 25th May.**

Our judging panel will then consider all entries and announce the winners the following week.

### How to enter the competition in three easy steps:

1. Have a look through the activity ideas for each of the five steps to mental wellbeing and plan when/where/how you will do them.
2. Take photos of the activity in progress or of the finished items if you've made something.
3. Submit your five best photos, with descriptions – one for each of your five activities, by Monday 25th May using the link below:

Try thinking about these points at the end of the week...

## END OF WEEK CHECK-IN





# 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](mailto: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](mailto: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](http://samaritans.org)  
email [jo@samaritans.org](mailto: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](http://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](http://youngminds.org.uk)

**SHOUT**  
**Text Shout to 85258**  
[giveusashout.org](http://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](http://mind.org.uk)



**CALM**  
0800 58 58 58  
[thecalmzone.net](http://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.**



# Helpful links! WFA is here for you...

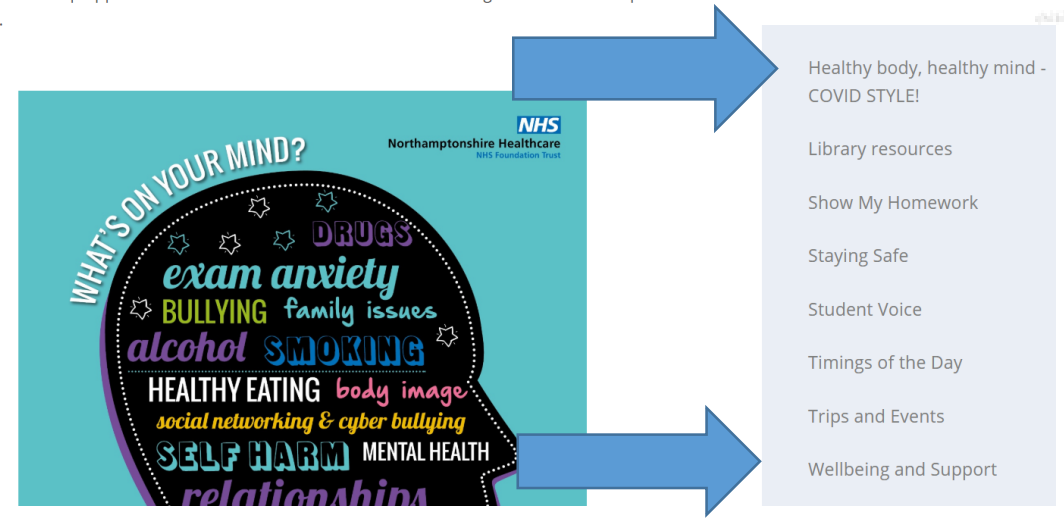
no matter what happens,



I'll always be here for you.

Check out our website [www.westonfavellacademy.org](http://www.westonfavellacademy.org) for helpful information for you and your family and the yoga videos

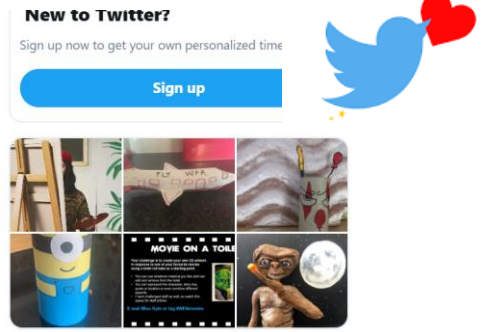
to develop opportunities for such activities and extend the range of residential trips



- 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



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.