Reflections-Community

We are part of a community, a society and now we are all facing the same things together.

People were made to be together, to work together, to be in community together.

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In our world, there has often been a focus on I and me, instead of 'we'. Sometimes we have become selfish or isolated. Many in our society feel lonely.

We have much more impact if we work together.

# Each of us has a part to play, even if we think it is small.



will make a huge difference in our country right now.

What small thing could you do this week that, if we all do it, could make a difference? Amazing things can happen, if we work together.

Perhaps you could write to a care home and let the residents know you are thinking about them or a hospital and thank them?

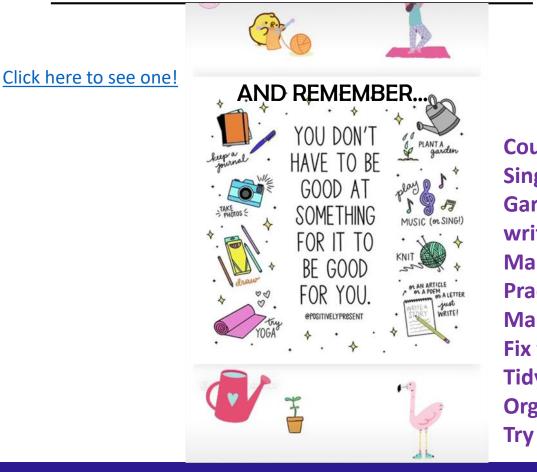
> Maybe you could record a video for people who may be on their own?

### Some of you may have seen how flash mobs work.

One person starts a dance and then, before you know it, the whole place is dancing in time.

The impact of everyone doing their own small moves, in time, is greater than any one contribution.

Could you do something similar with your friends and family to cheer people up bring your community closer together while socially distancing and keeping safe?



Could you... Sing Garden write Make art Practice photography Make things Fix things Tidy Organise Try yoga....



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?

Download link

https://wetransfer.com/downloads/54e1a09a5fba181fb8fe3e64886fb1ad20200427120131/9f5c006c7f60b59a7d9 5c500e9726c7120200427120212/584a6f

Its also on



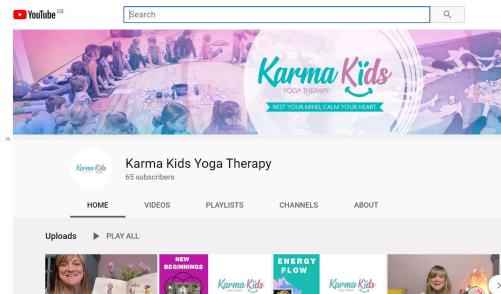
SEARCH... Karma Kids Yoga Therapy





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

## https://youtu.be/LUbUoe43-EA



be added to the school twitter and website- see next slide for instructions!

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

Check out our website *www.westonfavellacademy.org* for helpful information for you and your fa and the yoga videos



1. Start reading the book you've been me	ening to	7 ping nostalgic mi and just DANC	a ridicul	mpt to recreate usly extravagant	
2 Spring clean your	space 8. build a fort, fill it with pillows		baking recipe and 12. do something nice		
3. Do something cra a collage, do a puzzle	ctu! make	Watch a mov	e for son	neone special	
4. learn something		10 take a long i	valk of	s something off pour to-do-hst	
5. make your favori and cat it in bed		elf Col	Egrap	take a nap 15. watch an interesting	
wardrobe, and donate the	130.0				
clothes you don't use 26 Change your	yJ	or API		about something ou'd like to learn more about ampering day!	
don't úse 26 Change your iheels, this a bath, and leydown to minin 27 print out your	d 24. unfi make u	home karaoke ollow people who	16. have n p 17. follow n b	ou'd like to learn	
don't úse 26 Change your ineels, take a bach, and laydown to mawin 27. pinst out your favorite pictures & nake a picto album 28. tris samething	24. unfi make y in a 23 de sa		16. have a p 17. follow a b tucorial	ou'd like to learn more about ampering day! sob Ross painting just for fun companyation!	
don't úse 26 Change your sheels, take a bath,	24 unfi make y ind 23 de sa enjoyed	illow people who ion feel and or idegunte mething you l as a child to grow your	16. have a p 17. follow a t tucorial 18. use your write a story. Plan your di	ou'd like to learn more about ampering day! Bob Ross painting just for fun	

but fitting 2 self care ideas into 1 day can never be a...

SUNDAY MONDAY TUESDAY "Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl			WEDNESDAY Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	FRIDAY Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system
5 Get active.	6 Contact a	7 Share what	8 Take five	9 Call a loved	10 Get good	11 Notice five
Even if you're	neighbour or	you are feeling	minutes to sit	one to catch up	sleep. No screens	things that are
stuck indoors,	friend and offer	and be willing to	still and breathe.	and really listen	before bed or	beautiful in the
move & stretch	to help them	ask for help	Repeat regularly	to them	when waking up	world around you
2 Immerse	13 Respond	14 Play a game	15 Make some	16 Rediscover	17 Learn	18 Find a fun
yourself in a new	positively to	that you enjoyed	progress on a	your favourite	something new	way to do an extra
book, TV show	everyone you	when you were	project that	music that really	or do something	15 minutes of
or podcast	interact with	younger	matters to you	lifts your spirits	creative	physical activity
L9 Do three	20 Make time	21 Send a	22 Find positive	23 Have a	24 Put your	25 Look for the
acts of kindness	for self-care. Do	letter or message	stories in the news	tech-free day.	worries into	good in others
to help others,	something kind	to someone you	and share these	Stop scrolling and	perspective and	and notice their
however small	for yourself	can't be with	with others	turn off the news	try to let them go	strengths
to Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	2	-
CTION FOR H	APPINESS <	6	3 🔿 🛛	2 😡		



# And follow us on twitter... https://twitter.com/WestonFavellGAT





ign up now to get your own personalized tim

lew to Twitter

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

Weston Favell Academy @WestonFavellGAT



Northamptonshire Healthcar family issues Student Voice alcohol smornme Timings of the Day EALTHY EATING body image Trips and Events

Wellbeing and Support

no motter what happens.





are youokcampaign pants with an elastic waistband are at the top of my list v what's on the top of your...

## 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







#### Everything will be better soon, just keep believing! UK Samaritans 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.  $\nabla$ 



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

Kooth.com Kooth.com is an online counselling service that provides vulnerable voung 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 vounaminds.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:

issues

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0300 123 3393 The MindinfoLine offers thousands of callers confidential help on a range of mental health CALM 0800 58 58 58 mind.org.uk 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. Send message