

Boroughmuir High School Lockdown 2.0 20 ideas for Well-Being Day February 2021



Boroughmuir High School – Vision Statement:

“Our vision is to ensure a confident, nurturing and inclusive learning community where all achieve their full potential and embrace life’s challenges.”



Lockdown 2.0 is tough. While the weather may be bleak and the days still short, we can take time out of our busy schedules to focus on play, fun and connection

Please take some time this Friday, 5th February, to let yourself relax, recharge, re-energise and do something different. It is essential that we all remember, amongst the ‘busyness’ of our week, that what matters most are our families, friends, communities, our health and our environment. Take a break. Share a break. Enjoy!



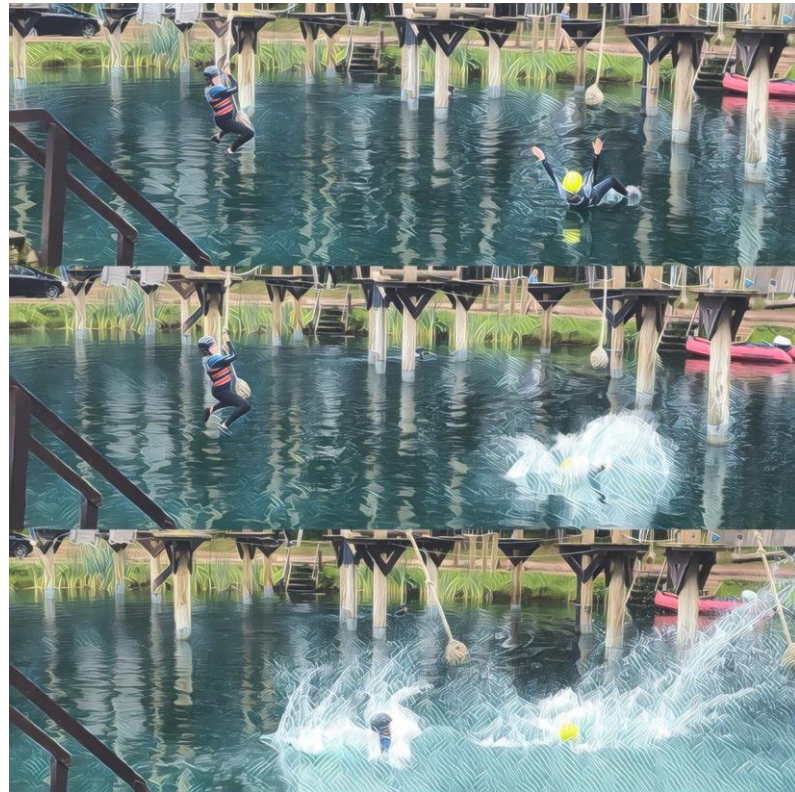
20 activities for well-being



1. Coach Collard's Friday Fun Fitness session
2. Virtual escape Rooms
3. A Walk in the Woods
4. Create and Craft
5. Mindful cooking and eating
6. Edinburgh by bike
7. Music – make your own video
8. Cheer experience
9. Mood-boosting music – emoji playlist
10. Young Activist
11. Scrapheap challenge
12. Photography
13. Random Acts of Kindness
14. Mindfulness
15. Mandalas
16. Gardening
17. Royal Observatory Edinburgh solar system challenge
18. Creative writing gallery tours
19. Virtual field trips
20. Make a Flutter Book

We know you'd love to be doing some of the following but please read on for some fun ideas!









Boroughmuir High School well-being day

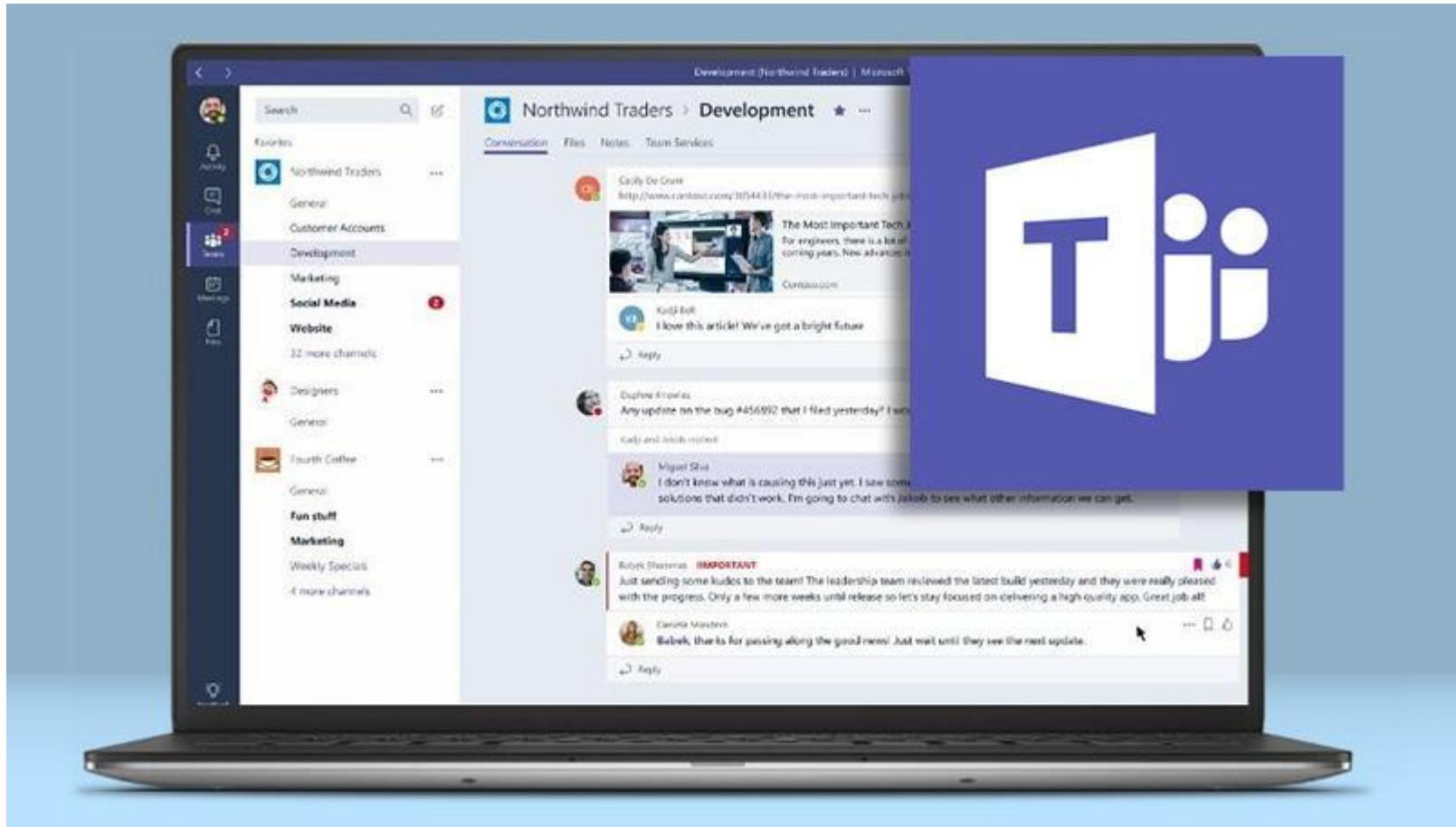
Friday 5th February

We would love to see some of your Well-being day experiences. Please **upload descriptions, pictures, videos, PowerPoint slides, pdfs or audio files** of what you have been up to. We hope these experiences give you lots of ideas for when we can all get out and about a bit more!

Please **share** with us your experiences by **clicking on the link** below or **scanning the QR** code with a phone or tablet.

<https://forms.office.com/Pages/ResponsePage.aspx?id=af6sSGo3tUKfacnke7-5xOQY0YapwV5Gp0mD-BOhRrVUQ09CMzAyWU1MTUesySDRCM1dYME1DNERZNC4u>





Please see your **year group TEAMS** pages for more information on all of the activities.

1. COACH COLLARD FITNESS

Clear the diaries and help break a Boroughmuir High School record!

Who needs Joe Wicks when we have our very own Coach Collard ready to get everyone moving!

Mr Collard will be running a LIVE fitness session on Friday 5th February at 11am. All pupils, staff and families are invited to take part in the biggest fitness session Boroughmuir has ever seen.

The session will last 30 - 40mins and will be suitable for all ages and levels of fitness.

A link to the session will be added to all year group teams pages nearer the time.


Let's end the term on a high by coming together as one big Boroughmuir Family! We can't wait to see you all there!

COACH COLLARD COACH COLLARD COACH COLLARD





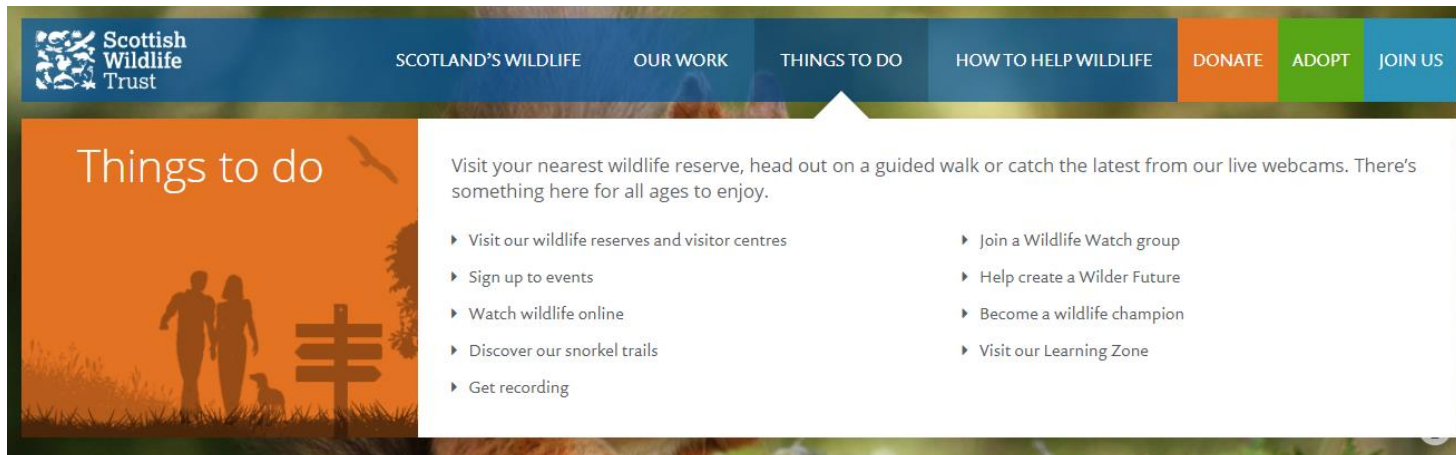
2. Virtual escape room challenges

- Escape rooms are a great way to use your skills of deduction and problem solving to get from one clue to the next and...escape your room!
 - The link below will take you to lots of free options – take your pick!
 - [Fun Free Online Escape Games - LockHouse Games](#)
- 

3. A Walk in the Woods

If, like Mr Hamilton in Science, you like to the outdoors, nature and wildlife, try a walk in the woods. Please click [here](#) so see Mr Hamilton's *48hrs in the Woods* short video it's worth the watch!!

Lots of great ideas can be found here <https://www.wildlifetrusts.org/looking-after-yourself-and-nature#activities>



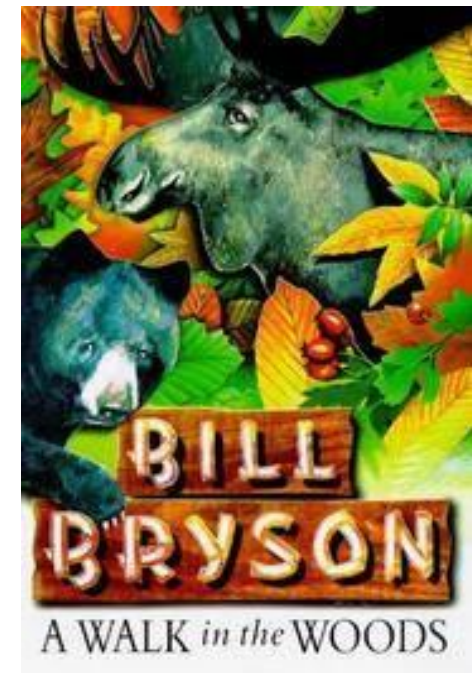
Scottish Wildlife Trust

SCOTLAND'S WILDLIFE OUR WORK THINGS TO DO HOW TO HELP WILDLIFE DONATE ADOPT JOIN US

Things to do

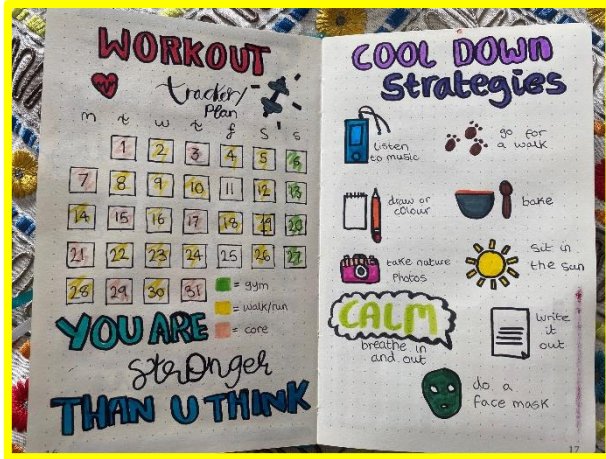
Visit your nearest wildlife reserve, head out on a guided walk or catch the latest from our live webcams. There's something here for all ages to enjoy.

- ▶ Visit our wildlife reserves and visitor centres
- ▶ Sign up to events
- ▶ Watch wildlife online
- ▶ Discover our snorkel trails
- ▶ Get recording
- ▶ Join a Wildlife Watch group
- ▶ Help create a Wilder Future
- ▶ Become a wildlife champion
- ▶ Visit our Learning Zone



4. Create and Craft

Could you use or develop your drawing skills and try journaling?



- Watch YouTube videos or search Pinterest for lots of tips and ideas but really there's no rules –make your journal personal to you
- You will need:
 - A notebook/journal (dotted paper can be helpful to set things out)
 - Scrap paper
 - Pictures/stickers
 - Coloured pens
 - Highlighters

How about creating paper 'Phuldani' Bengali for 'flowers in a vase'?

- Check out the video <https://m.youtube.com/watch?feature=youtu.be&v=XQuFKou4cGA> for the instructions

- You will need:
 - Scissors
 - Glue and/or sticky tape
 - Paper
- Optional extras:
 - Paints
 - Crayons
 - Stickers



4. Create and Craft cont.

Landscape Yarn painting looks fun!



Materials
+ Yarn
+ Cardboard
+ Glue
+ Pencil
+ Scissors

Steps

- 1 - Draw out a simple design, focusing on abstract patterns and natural shapes.
- 2 - Apply a small amount of glue to get going.
- 3 - Apply yarn in strips or spirals. Experiment with multiple colours and ways of laying.
- 4 - Use your fingers to shape the yarn. Apply more glue when necessary.
- 5 - Let yarn hang over the edges of your cardboard until the design is complete.
- 6 - Use scissors to trim. And voila! A landscape from your mind's eye.

Thanks to @craftcontemporary



Have a go at crochet! This rainbow design is perfect for a beginner

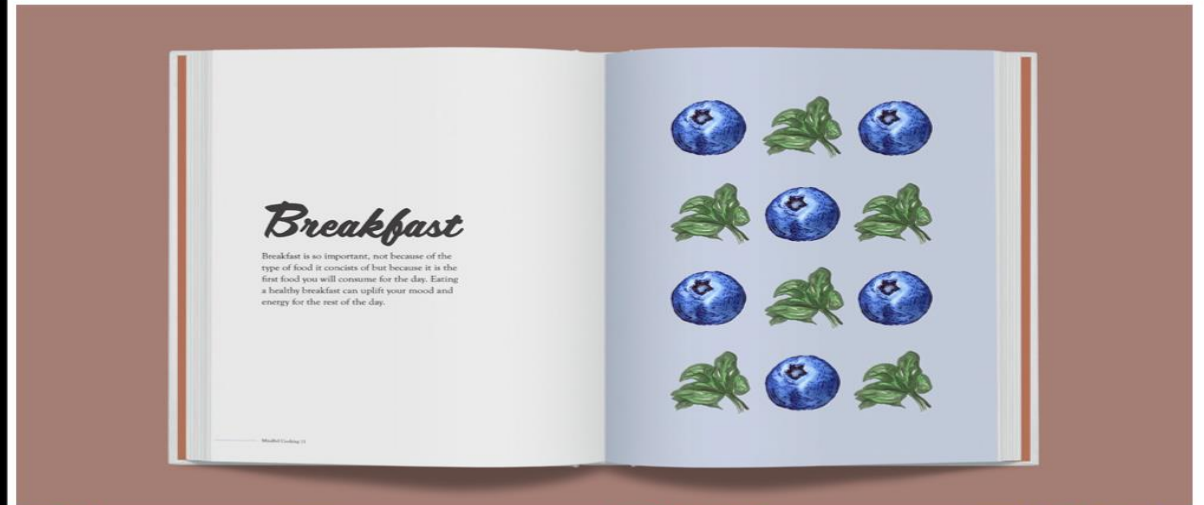


- Watch the video of how to make it https://youtu.be/O_U4SpmO80w
- You will need:
 - DK weight yarn in pink, purple, blue, green, yellow, orange and red
 - Crochet hooks 6mm, 7mm
 - Thin card
 - Darning needle
 - Pom-pom maker



If you need help please email sarah.cockerill@Boroughmuir.edin.sch.uk and I can email a PDF of instructions.

5 Boroughmuir Health, Food & Textile Technology 🍏 Mindful Cooking and Eating Challenge 🥝



Mindful eating

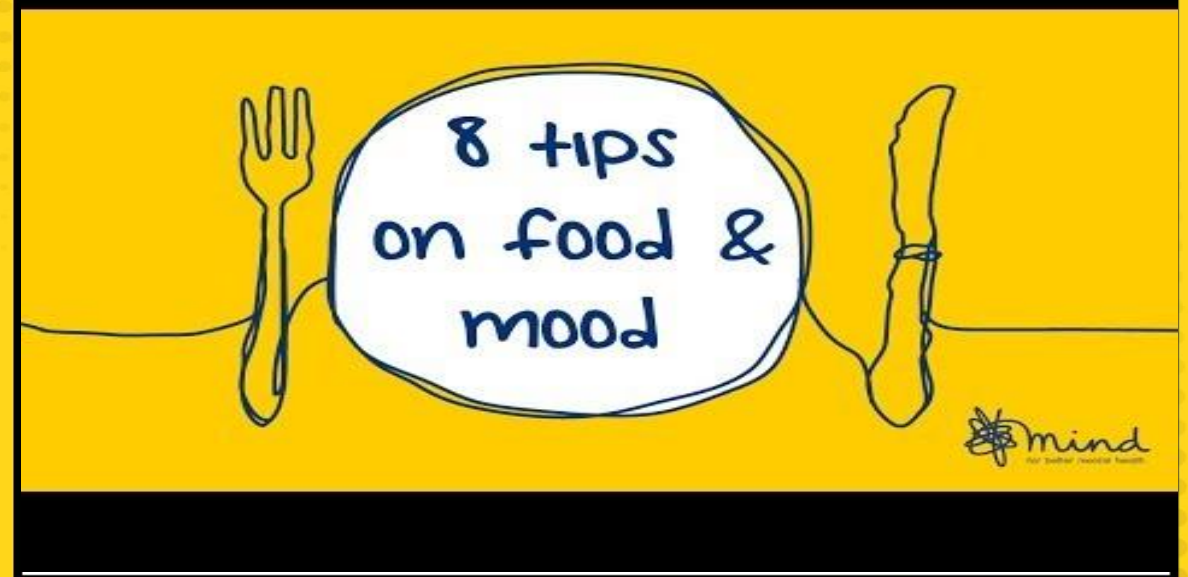
- cook and eat in a good mood
- respect your body & health
- listen relax music
- feel savour
- don't hurry
- don't eat straight from the packaging
- always seat down at a table to eat
- eat without gadgets
- take small bites

WHAT we eat and HOW we eat is links to both our physical and mental health.

Food and Mood are inextricably linked - watch 8 tips on food and mood.. then

Choose one challenge to promote mindfulness and wellbeing through preparing and eating food.

Cook a delicious breakfast visit <http://www.shakeupyourwakeup.com/breakfast-recipes>





LUNCH!

<https://www.purewow.com/food/rainbow-bowl-recipes->



20 Rainbow Bowl Recipes to Brighten Your Day



DINNER!

<https://www.bbcgoodfood.com/howto/guide/best-healthy-pizzas>



6 best healthy pizza re...

Choose from these challenges to promote mindfulness and wellbeing through preparing and eating food.

BAKE SOMETHING SWEET

https://www.bbc.co.uk/food/cakes_and_baking



Baking recipes



Are you eating MINDFULLY?

don't eat straight from the packaging

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum dolor sit da

cook and eat in a good mood

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

respect your body & health

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

drink more water

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

feel savour

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

listen relax music

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

don't hurry

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

always seat down at a table to eat

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

eat without gadgets

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

take small bites

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Donec laoreet sapien id orci quator molestie. Phasellus dictum sem id dui molestie scelerisque. Praesent pellentesque justo tellus, in suscipit ipsum ultricies or. In tristique sed ex congue pretium. Lorem ipsum

6. Edinburgh by Bike

Cycling in and around Edinburgh is a fun and healthy activity. Explore a longer stretch along the canal past the school and out to the Water of Leith by bike. Discover more of Edinburgh's cycle network.

The map showing where many of you live is here:

<https://www.edinburgh.gov.uk/downloads/file/26042/south-gorgie-craiglockhart-oxgangs-fairmilehead-marchmont-morningside-blackford-and-newington>

A full set of Edinburgh cycle maps can be found here:

<http://www.mobilemaplets.com/showplace/8758>

or
Edinburgh Council has some excellent maps and can be found here

<https://www.edinburgh.gov.uk/cycling-walking>

Remember to check your bike to make sure it's in good working order, always wear a helmet and try to cycle on quiet roads and cycle paths.



7. Music, Drama & Dance

Could you create your own music, drama or dance video? As short as a TikTok, or longer... You may need to use some of your video editing skills to knit the video together!



8. Cheer Experience

- The Boroughmuir High cheer experience comes in 1 mandatory stage and 3 optional stages thereafter.
- **Stage 1: Warm up and Stretch (mandatory)**
 - A fun exercise to music warm up and stretch. This stage is essential to prepare the body for exercise. It will focus on improving core strength a flexibility.
- **Stage 2: Jumps (optional)**
 - This stage will focus on improving jump technique.
- **Stage 3: Tumbling for beginners (optional)**
 - Aimed at pupils with limited gymnastic experience. This will focus on developing key tumbling skills such as cartwheels, roundoffs and backbends.
- **Stage 4: Cheer dance (optional)**
 - An easy to follow intermediate cheer routine. The focus will be on rhythm, timing and creativity.





9. Mood-boosting Music playlist

- We all know the power of music to lift our mood. Create yourself a new playlist full of songs and music that make you smile
- find out your friends' top mood-boosting songs and make a collaborative playlist
- Choose an emoji to fit your mood and let this link suggest playlists to fit
<https://feelsfm.co.uk/>





10. Young Activists

- Are you interested in a range of topical issues - environmental concerns, social justice, racism, equity and fair society? What to make the world a better place? [6 things activists can do to change the world - ONE](#)
- Could you create a article based on topic you feel strongly and passionately about? Or get creative and make a placard, banner, or other artwork.
- Remember we would love to see what you are interested. Please share with us!

11. Scrap Heap Engineering Challenge

The world's full of garbage and creative ideas – so let's make something of it!"', said a wiseman! Join the upcycling revolution. Can you engineer a useful item using your creativity and imagination with any materials you have lying around the house, garden, shed or garage! Please remember to check that the materials are not required by asking your parents or carers!!



Here are a few examples of upcycled products I have made.

On the right is a cutting board made out of scraps of leftover wood



On the left is a milk container that I put some holes in to make a watering can

Finally this spice rack was the back of a washing machine.

Have fun and be creative



12. Photography

'Do you have an interest in photography using cameras or just a phone?

Maybe you just want a new focus (*see what I did there?*) for your daily walk?

Join in for some creative photo challenges that will get you looking at your lock-down-world from whole new perspectives.

No experience or special equipment necessary.'





- Photo challenges:
- **‘Through a window’** Use your lockdown experience to inspire some photos that involve looking out (or in) through your windows.
- **Don’t Move Challenge:** Sit down somewhere, preferably a balcony or porch or park (while maintaining social distance) and don’t move for 30 minutes. Try to find/capture as many different compositions as you can from this one, locked down location. Or, alternatively, choose one, interesting subject and try photographing it from as many different angles/viewpoints as you can.
- **Product photography** – fancy yourself as the next director of Apple adverts? Maybe you have some old stuff to sell on ebay? Use table lamps, torches or other creative lighting ideas to set up an ad shoot for an object in your home. Some objects will suit a clean, bright, white backdrop – others might look better in some dark, moody lighting. <https://www.shopify.com/blog/15163633-how-to-capture-high-quality-product-photos-with-your-smartphone>
- **Single word theme** – Choose a single word as inspiration for your photography project e.g. tree, summer, water, family. Now take a selection of photos that are inspired by your theme (aim for 6 to 10 final images that you are happy with). Try to introduce as much variety as you can but aim to have a set of images that hold together around the theme word you have chosen.

Photography Ideas

The following are some suggested activities you may want to try – you could pick one to do in more detail or try a few different tasks: suggested viewing to get your creativity flowing:

<https://www.youtube.com/watch?v=meDXvjAKJ0w> – fashion, creativity

https://www.youtube.com/watch?time_continue=545&v=qI_011YoHWU&feature=emb_logo – national geographic

<https://www.youtube.com/watch?v=yOXkFDujZXc> – surface surf photography

<https://www.youtube.com/watch?v=ntHNgDkBUg> – street photo challenge

Some links to further inspirational idea:

<https://www.youtube.com/watch?v=5IpmafMQ6AU> – cool ideas but quite technical. These might suit someone who has some more advanced photography kit at home and has some experience with using it already.

<https://www.canva.com/learn/looking-inspiration-12-photography-challenges-get-creativity-going/>

DOING
GOOD
DOES YOU
GOOD

Acts of kindness help make the world a happier place - it's contagious!



- **13. Random Acts of Kindness**

- You can carry out an act of kindness for another person - this could be baking, or helping out at home.

- Speaking (socially distantly) to the neighbours and asking how they are.

- Write someone a letter, send a card, send a picture or a joke.

- Decorate rocks and stones with a positive message and leave for people to find.

- Remember acts of kindness towards yourself are important too! Taking some time to do something that makes you happy is good for your health.

Random
Act of
KINDNESS

14. Mindfulness

- Mindfulness can support us all to have positive wellbeing, supporting our emotional health. It can help us to understand ourselves and reduce the feelings that we all have when we are stressed and feeling overwhelmed.

Having some mindfulness strategies can help to increase our resilience and our capacity to cope and respond to challenging and uncertain situations.



Click here for lots of free online videos online, can be 2 mins or up to 30 mins.

<http://mindfulnessforteens.com/>

15. Mindful mandala colouring and making

- [Mandala coloring pages | Free Coloring Pages \(supercoloring.com\)](https://www.supercoloring.com)
- [Mandala Making: 3 Easy Steps to Making a Natural Mandala – Outdoor Classrooms \(outdoorclassrooms.com\)](https://www.outdoorclassrooms.com)



16. Gardening

The weather is bleak but you can still plant bulbs and spring flowers. Snowdrops are appearing, too.

Indoor – grow a herb from seed and watch its progress over summer, record its growth with photos and/or drawings. Use it in cooking.

<https://www.thompson-morgan.com/top-10-easy-to-grow-flowers>



Outdoor - grow a sunflower from seed and watch it grow quickly over summer, record its growth with photos and/or drawings or any other easy to grow plant (see link)

Benefits of Growing your Own

- Growing your own means can get fruit, veg and herbs for less.
- It helps to cut down on food miles and wasteful packaging
- Whatever you grow it will be more nutritious, taste better and be super fresh.
- It promotes seasonal eating
- If outdoors it creates biodiversity.
- It's rewarding seeing food grow!



17. Royal Observatory, Edinburgh

Want to explore space from the comfort of your own home? Then join the Royal Observatory, Edinburgh (ROE) as they take you on a narrated planetarium-style tour through space using.

Stellarium

ROE will also provide resources for you to explore further including a link to the Stellarium software which you can – with parents'/carer's permission - install and use on a home computer.

The link here takes you to the ROEs home-learning website. Could you make a scale model of the solar system?

<https://www.roe.ac.uk/vc/home-learning/index.html>



18. Creative writing: Gallery tours and writing activities.

Visiting art galleries and museums can be a great source of inspiration for writing a story. In most galleries, you will find portraits that are great for character creation, and landscapes that are great for setting. Some paintings may detail or hint at an event that makes you think- how did that happen? What is the story behind that? Even still life paintings and sculptures can inspire a story based on a particular object or person. This activity will take you on various tours of various galleries, in the hope of inspiring some creative writing.



Let's start with a visit to the National Portrait Gallery: <https://www.npg.org.uk/visit/360-gallery-views/> Choose a painting where the character intrigues you. Create a quick character chart, thinking about who that person was, what they were like, what their life was like etc. Look for emotion in the eyes, the colours used? Is there an interesting story there?

Now, let's think about setting. For this, let's visit room 6 of the Tate Gallery in London: <https://www.tate.org.uk/visit/tate-britain/display/walk-through-british-art/1810>. Again, choose a painting where the setting is interesting. What would life be like in that setting? What could have happened? Make some quick sensory setting notes- what can you see? What would you be able to smell? Hear? Taste? What would things feel like?

Now, put your character in to your setting. Why are they there? What has happened to take them there? What are they doing?

Finally, use your notes to create a piece of writing based on your character and setting, inspired by your chosen paintings. This could be a few paragraphs of descriptive writing, a full story, or even a poem!

If you are still stuck for ideas, why not take some more gallery tours. Why not visit the Delacroix exhibition at the Met?: <https://www.metmuseum.org/exhibitions/listings/2018/delacroix> or go to Paris and visit The Louvre?: <https://www.louvre.fr/en/visites-en-ligne?page=3&tab=1>

For any questions, character profile sheets, planning sheets, or anything help at all, just email Ms Bellamy at msjbellamy@gmail.com

19. Virtual field trips



Go Back in Time and Experience History with these Virtual Tours

The ultimate list of historical buildings, ancient artefacts, religious artefacts, castles and government buildings that offer virtual tours that you can take right from the comfort of your own home.

- So many museums, art galleries, monuments, zoos, theatres, parks etc have created virtual tours – you can go anywhere! Take a look at the link below to get an idea of some of the best.
- Revealed: The World's Best Virtual School Trips | Uswitch

20. Make a flutter book

- A flutter book is an accordion fold book where the folds are not attached at the spine, so the pages fall forward or flutter.
- Using A4 paper, each book will have 16 pages. You can decorate, paint, draw or write in these..
- You will need: a sheet of A4 paper, a ruler, a pencil, scissors

[Flutter Book One – YouTube](#)





Boroughmuir High School well-being day

Friday 5th February

We would love to see some of your Well-being day experiences. Please **upload descriptions, pictures, videos, PowerPoint slides, pdfs or audio files** of what you have been up to. We hope these experiences give you lots of ideas for when we can all get out and about a bit more!

Please **share** with us your experiences by **clicking on the link** below or **scanning the QR** code with a phone or tablet.

<https://forms.office.com/Pages/ResponsePage.aspx?id=af6sSGo3tUKfacnke7-5xOQY0YapwV5Gp0mD-BOhRrVUQ09CMzAyWU1MTUesySDRCM1dYME1DNERZNC4u>

