



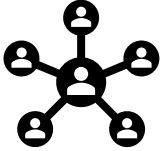


# Wellbeing at AJK 2021

We have identified the key components of wellbeing our students will need whilst they are working from home. Each day of the week is assigned a different component, which will be built into AM and PM tutor time, with an activity for students to do on their lunch break or after school.

		<b>Monday</b> <b>Mental Wellbeing</b> <b>(LHO)</b> 	<b>Tuesday</b> <b>Physical Wellbeing</b> <b>(LHO)</b> 	<b>Wednesday</b> <b>Aspiration</b> <b>(IFA)</b> 	<b>Thursday</b> <b>Working from Home</b> <b>(RWO)</b> 	<b>Friday</b> <b>Gratitude</b> <b>(RWO)</b> 
		Students spend time being aware of the present moment, recognising their thoughts and feelings.	Students build physical wellbeing into their weekly routine.	Students look forward to their futures with excitement and high expectations.	Students demonstrate WfH habits that help them to be motivated and happy.	Students have time to consider what they are grateful for, supporting their mental wellbeing.
WC 11 <sup>th</sup> Jan	PM	What is mindfulness? Tense and relax activity	Regular activity ideas	Why our aspirations are exciting	Setting up your work space	Assembly
WC 18 <sup>th</sup> Jan	AM	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor
	PM	How can I check in with myself? 5 point journaling activity.	Learning to eat/ eating to learn Looking at healthy snacks and meals	Is this industry for me? Science and Technology	Keeping a schedule	Assembly
	Free time	30 min tech detox – read, write, draw or chat with family	Write and complete your own work out! Include a variety of activities, how many times they'll be repeated, and then do it!	Interview a family member about their job.	Write up your schedule for next week – don't forget to include free time activities!	Write a gratitude note and give it, post it, or send it.
WC 25 <sup>th</sup> Jan	AM	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor
	PM	Mindfulness breathing Techniques to pause and have a mindful moment.	What workout is right for me? Understanding different activities we can do to stay healthy	Is this industry for me? Wholesale and Retail	Staying safe online	Assembly
	Free time	30 min tech detox – read, write, draw or chat with family	Write and complete your own work out!	Interview a family member about their job.	Write up your schedule for next week – don't forget to include free time activities!	Write a gratitude note and give it, post it, or send it.
Enrichment		Art	Drama	Ark Music Ensemble	HIIT with the PE dept	Music
WC 1 <sup>st</sup> Feb	AM	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor
	PM	Mindful motivation: How to keep moving forward.	Balanced meals What do they look like and how can I make them?	Is this industry for me? Health and Social Care	How to spend your break	Assembly
	Free time	30 min tech detox – read, write, draw or chat with family	Write and complete your own work out!	Interview a family member about their job.	Write up your schedule for next week – don't forget to include free time activities!	Write a gratitude note and give it, post it, or send it.
Enrichment		Art	Drama	Ark Music Ensemble	HIIT with the PE dept	Music
WC 8 <sup>th</sup> Feb	AM	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor	Reminder of today's activity, merits, students submit great work to tutor
	PM	Mindfulness: positive affirmations Looking forward to next half term	Work from home workout. Creating a fitness routine we can do at in our living room	Is this industry for me? Accommodation and Food (Hospitality)	Posture and stretches	Assembly
	Free time	30 min tech detox – read, write, draw or chat with family	Write and complete your own work out!	Interview a family member about their job.	Write up your schedule for next week – don't forget to include free time activities!	Write a gratitude note and give it, post it, or send it.
Enrichment		Art	Drama	Ark Music Ensemble	HIIT with the PE dept	Music