



THE BRITISH SCHOOL
WARSAW
A NORD ANGLIA EDUCATION SCHOOL

Wellbeing Activities for Easter Break



10000 Indoor Step Challenge (30 minutes to get started)



[Click to watch the video](#)

5 surprising reasons **baking** is good for you

1

Baking is good for your career/school work

2

Baking boosts your confidence

3

Baking helps you switch off

4

Baking helps you beat the blues

5

Baking unlocks all your senses



[5-surprising-reasons-baking-good](#)



Mindful Walking at Home (10 minutes)

Just put in headphones and away you go



THE SCIENCE | BLOG | FOR WORK | HOW TO MEDITATE | HELP | LOG IN

Try for free




We're here for you

There are a lot of unknowns in the world right now. But one thing is certain – **Headspace is here for you**. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.

These are part of a larger collection in the Headspace app – free for everyone – called **Weathering the storm**. It includes meditations, sleep, and movement exercises to help you out, however you're feeling. It's our small way of helping you find some space and kindness for yourself and those around you.

Get some Headspace

Take a moment with a meditation

-  **Relieving Stress**
0:00 ● ————— 9:59
-  **Walking at Home**
5:10 ●———— 10:00
-  **Feeling Overwhelmed**
0:00 ● ————— 3:00



Mindful Walking

3 Mindful Activities to try at home with kids...

...to keep them occupied and calm during the coronavirus outbreak

Have some Breathing Breaks



Play a Mindful Game



Cooking with a Twist



[Article](#)

Looking to the future - Discover a new place before going there



Plan a future family holiday and research the area where you are going to beforehand online, so that you can find activities and sights you are all interested in. Make the most of your free time by planning ahead.



Get creative - Student Journalism Course on Global Campus

GLOBAL CAMPUS

Course Search...

Badges: Your school position is 33

Badges: Your position is no ranking

HOME ABOUT ACTIVITIES COMPETITIONS STUDENT JOURNALISM TEACHERS' AREA SHOWCASE CALENDAR

KARI ELLIS

> Student Journalism

Student Journalism

Hello Kari, welcome to Student Journalism!

This is an exciting opportunity to get your voice heard and share the stories which matter.

Join budding young journalists from across Nord Anglia's family of schools to develop the skills to understand, create and publish news and blog articles to reach more than 60,000 students worldwide.

IMPORTANT!

Please note, once you complete the Student Journalism course, and the activities included, you will gain access to the Student Editor Application Form, as well as the Article Submission Form.

Student Editor: Your opportunity to support the review and editing of articles submitted by your peers and the technical management of the News and Features page. You will receive further training as to how to do this if selected as an editor.

Article Submission: Your opportunity to submit any articles (as per Article Submission Guidelines) to be featured on the Student Journalist News and Features page.

Introduction to Journalism
Develop the skills to become a GC reporter.
Start your learning

Submit an Article
Become a published GC journalist. Complete the course to gain access to the form!
Submit

News and Features
Read the latest stories from our schools around the world.
Explore and Read

How to earn your Student Journalism badges:

There are 4 badges that you can earn within Student Journalism. Each badge will be awarded to you on...

- **2019/20 Student Journalist** completion of all *Introduction to Journalism* courses.
- **January - April Student Journalist** successful submission of an article for the January - April edition
- **April - July Student Journalist** successful submission of an article for the April-July edition
- **2019/20 Top Contributor** successful submission of an article within the January - April edition AND the April - July edition

GLOBAL CAMPUS Student Journalist 2019/20

Become a Student Editor!

Student Journalism Course

Have your voice heard-Create Your Own Podcast

podomatic

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We want to hear your story and so do millions of other people. [Learn more](#)

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Nothing to download, nothing to buy, nothing to learn.





[CREATE A FREE PODCAST](#)

...and we will help you get your podcast in front of millions.

pandora® Google Play Spotify Listen on Apple Podcasts deezer

HOW TO START A PODCAST

Record, upload, publish and promote!

- 
1
Record the greatest podcast of the 21st century. No pressure.
- 
2
Upload and store all of your episodes with Podomatic.
- 
3
Publish with us and have the #1 show on iTunes & Google play.
- 
4
Use our promotional tools and become more popular than cat videos. #meow



Podomatic

Try the Cup Song

**Are you a budding percussionist?
Can you follow clapping rhythms?
Try this for a bit of fun!**

- Watch the video clip here:

<https://www.youtube.com/watch?v=09Y5QrB2VwI>

- Here is a tutorial film to show you each step:

<https://www.youtube.com/watch?v=Y5kYLOb6i5I>

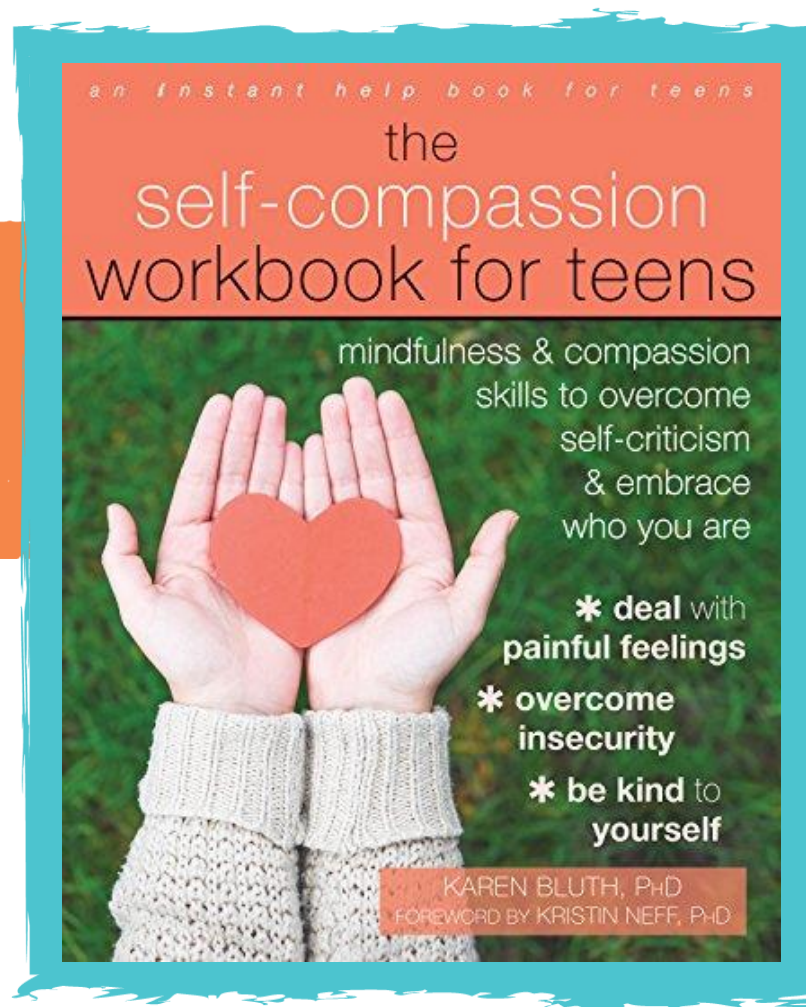
Maybe try making a short film of your own and try and get a friend or family member to join in! How many others can you teach?

Have fun!



Work with **Self Compassion** Diaries & Workbooks

Just download from Amazon or your Kindle or the Kindle App.



Acts of Kindness - keeping spirits up

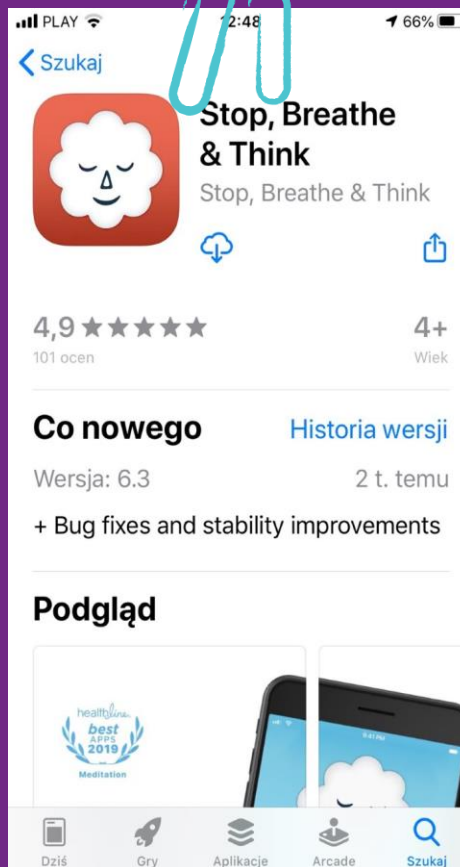
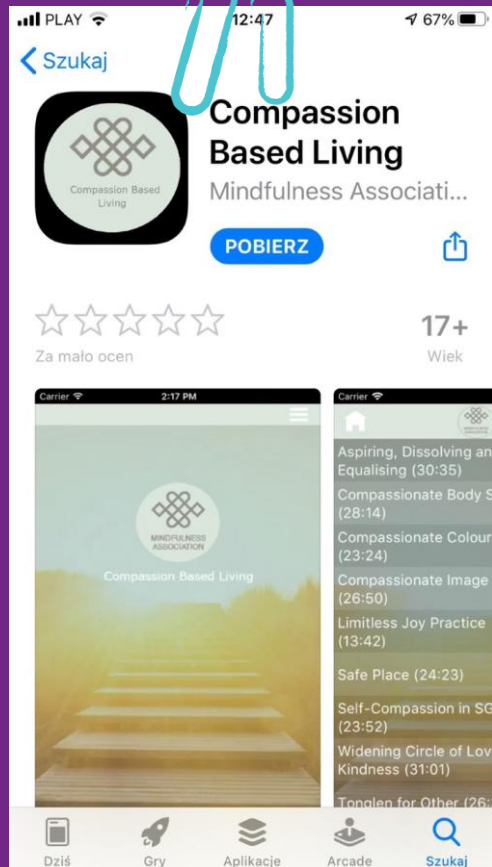
Can you brighten someone's day with a small act of kindness?

- Call a friend you haven't spoken to for a while.
- Make a drink, snack or meal for someone you live with.
- Help with a household chore.
- Draw a picture or write a poem or text to someone to cheer them up.
- Send an inspirational quote to a friend, or a motivational text to someone who is struggling.
- Arrange to watch a film at the same time as a friend and video call.
- Tell someone you know that you are thankful for all they do.
- Tell someone a joke to cheer them up.
- Donate to a charity.
- Tell a family member how much you love and appreciate them.
- ???



Remember, these acts will also make you feel good too!

Think about your well-being and enjoy life. Download Apps:



Find a **New Hobby**, become a Master at...

- Origami
- Knitting
- Photography
- Model making
- Cooking
- Novel writing
- ?

**If possible, do it online
with your friend!**



Read TIME for free!

Just **SELECT**
YOUR GRADE
AND REGISTER



<https://time.com/tfk-free/>



TIME FOR KIDS
MADE POSSIBLE BY:
Google AT&T hp pwc Charitable Foundation

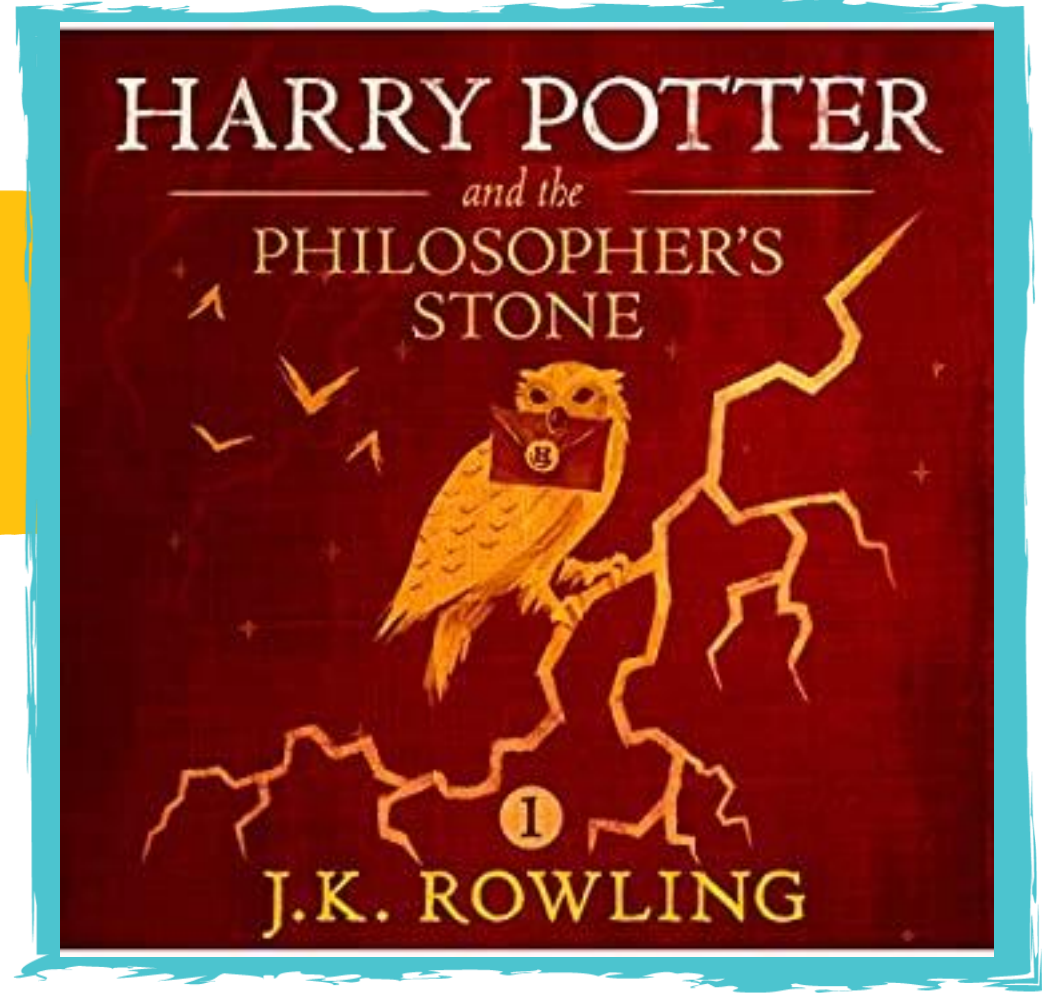
YOUR \$
MADE POSSIBLE BY:

30 day Lego Challenge

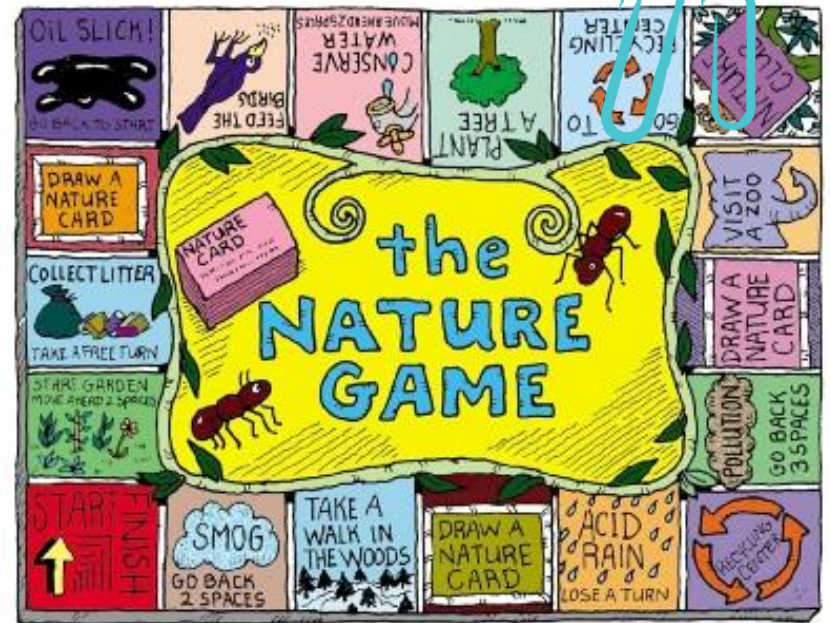
30 Day LEGO Challenge						
Follow the instructions for each day. The only rule is to have fun and use your imagination!			Day 1 You were hired by an amusement park to create a new roller coaster.	Day 2 NASA needs you to build a new rocket.	Day 3 Your parents want to build a new home and they want you to build it.	Day 4 Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5 You enter a contest to build the world's tallest tower. Will you win?	Day 6 You are stuck on Mars and need to build a new ship to get home.	Day 7 Ford hires you to create the toughest pickup truck in the world.	Day 8 You and 4 friends are stranded on an island. Build a boat to find a way home.	Day 9 Captain Hook needs a new pirate ship and wants you to build it.	Day 10 You and your friends decide to build a tree house.	Day 11 Prince Charming hires you to build a castle for him & Cinderella.
Day 12 Dr. Who hires you to build a new TARDIS.	Day 13 You are asked by the President to build a new monument to George Washington.	Day 14 Mr. Hilton hires you to build a new hotel.	Day 15 There is a circus in town. Build a place for the performance.	Day 16 Help your fellow pioneers build a wagon to make it across the country.	Day 17 Build the fastest car around and join the big car race.	Day 18 Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19 The city wants you to build a bridge to connect one side of the town to the other.	Day 20 Pizza party! It is up to you to make a pizza for all the guests.	Day 21 You are hired to build a brand new hospital.	Day 22 The fence is broke and the dog keeps escaping. Build one he can't get out of.	Day 23 You are now in medieval times. You are commissioned to build a jousting arena.	Day 24 The local bank keeps getting robbed. Build a safe no one can crack.	Day 25 Design and build your dream bedroom.
Day 26 You are elected ruler. Build a flag for your land.	Day 27 Aliens are invading and you need to build a war robot to defeat them.	Day 28 The aliens have taken over. They are impressed by your robot. They want you build one for them.	Day 29 You are hired to build a house entirely out of yellow Legos.	Day 30 There is blizzard. You will need to build a snowmobile		What was your favorite day?

Listen to [book readers](#) on Audible.com

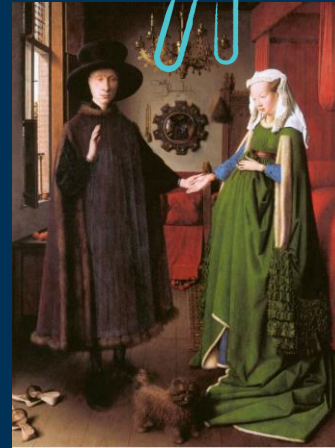
e.g. Harry Potter and
the Philosopher's Stone
read by Stephen Fry



Design and create a board game or RPG game, together with your friend!



Recreate Famous Paintings With Stuff You Can Find at Home



Choreograph a simple dance routine

For those budding dancers out there:

- choose a popular song with a good beat and choreograph a simple dance for it.
- make a video tutorial to teach someone else the dance.

