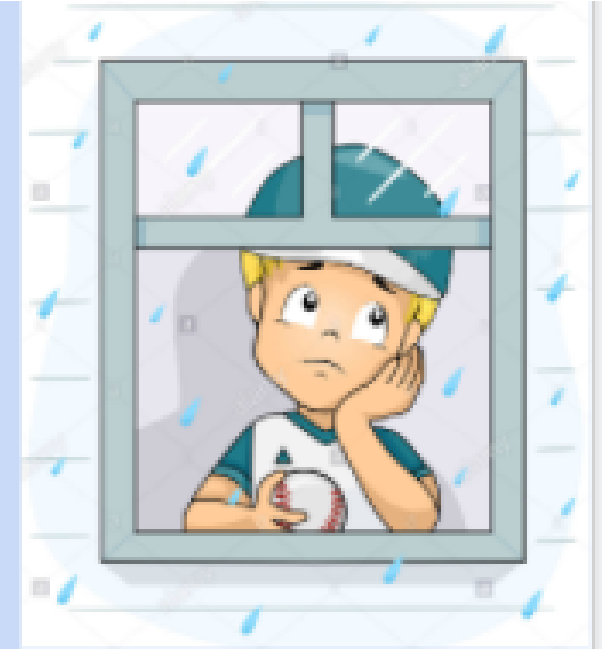


# Maintaining my Well-being while I'm at home



With the school being shut it is really important that we look after ourselves while we are at home. This project requires you to reflect on your current well-being and look at ways to improve it while you are at home. Please read the instructions

While at home, complete one task per Health or PE class.

Make sure you get out each day for some fresh air, exercise, and screen free time. All areas of your well-being are important!

Look after yourself and stay safe.

# Task One - Let's get Physical

## 2. LET'S GET PHYSICAL!

All around the world, there are people going into self-isolation, as many of them cannot go to the gym, play sport or do PE, they need something to keep them fit and active.

It's your job to come up with a work out to keep them on the move.

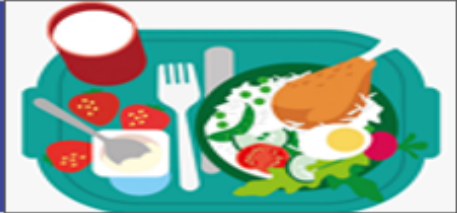


- ★ You need to create 3 x 10 minute workouts that anyone could do without any equipment, in their own home.
- ★ Each work out needs to be different and have a minimum of 3 different exercises.
- ★ It should have at least one exercise that targets your legs, one that targets your arms and one that targets your core.
- ★ Each workout needs to be presented on an A4 piece of paper/google doc, with pictures to demonstrate the exercises (bonus points if they are pictures of yourself doing the exercise!).
- ★ Marks for presentation and creativity towards the exercises.



# Task Two – It's kai time

## 3. Breakfast, Lunch, Dinner & Snacks



- 1) Start by researching the recommended portion sizes in New Zealand for the 4 building blocks of food (protein, vegetables and fruit, carbohydrates, fats).
- 2) Select a meal of the day to create - Breakfast, lunch, dinner or snacks.
- 3) From your research, plan a meal that you can create for you and your family / at least 1 other person that includes something from each of these building blocks. (complete on the next slide)
- 4) Write out the recipe that you plan to make.
- 5) Make the meal
- 6) Take a photo.
- 7) Eat and enjoy!! :)

*Extension activity - Cooking Show Comp: As you are creating your meal, make a video of the process and include this. There will be prizes awarded for the best cooking demo!*



### BUILDING BLOCKS

**PROTEIN** (Lean meat and alternatives)  
**CARBOHYDRATES** (Breads and cereals)  
**FATS** (Occasional fats)  
**VITAMINS AND MINERALS** (Fruit and Vegetables)

# Task Three – Dream Big Achieve More

## Dream Board (Spiritual)

*A Dream or Vision Board is collage of words and images about why you do what you do and what you want to achieve giving you the inspiration you need to achieve it!*

- ★ Think about the goals you are striving to achieve (short term and long term) and hunt for images and words in newspapers, magazines, online and use your own creativity (some examples on the next slide) that remind you of your goals and values and dreams



- ★ Do this on A4 or A3 paper or card or a slide then put it on your wall
- ★ There are some examples on the next slide



*When you are done take a photo of your Dream Board on your wall and add it to the slide after the examples*

# Task Four – Whanau Tree

## Whanau Tree (Spiritual)

Have a chat to you whanau at home about your grandparents, and great grandparents and create a whanau tree

You need to include at least 4 generations

Include birthdays and place of birth if you can!

You can set this out however you like, paper and take a photo, Google Doc and share the link, on a Google Slide

You can use this template or create your own:



<https://www.kiwi.com/whanau-tree-activity>

# Task Five – I appreciate


## Nature Appreciation

We are so lucky to live in New Zealand. We have a country filled with beautiful landscapes with bush walks right on our door steps.

Google walks that might be within your neighbourhood that you could go on yourself or with people in your bubble.

If there are no bush walks around you, take some time to walk around your neighbourhood and explore the area around you



 alamy stock photo

# Task Six – Whanau interview

Page 24

## Social 3: Family Interview

**Instructions** - This task requires you to interview someone from your family who is also at home with you to find out how they stay positive and keep themselves busy. Below are some example questions you could ask:

1. How are you feeling about being at home?
2. What things have you found the hardest so far?
3. What do you do each day to keep yourself busy and positive?
4. What opportunities have arisen since being at home? E.G spending more time with family, getting jobs done, etc
5. Do you have any tips for people who might need to self-isolate at some stage?



# Task Seven –Self Love

## *Body Appreciation*

During lockdown we need to make sure we are looking after our bodys and just remembering to relax. It's the simple things such as breathing and stretching that will really help find focus and stay calm during this time.

Below are 3 short videos for you to follow along with. They can be done inside or out and focus on your breathing and gentling moving your body.

After each video write a few sentences about how you felt during and after the video

**Box Breathing** - <https://www.youtube.com/watch?v=XGKnQN7zUmw>

**10 Minute Yoga and Stretching** - <https://www.youtube.com/watch?v=VaoV1PrYft4>

**5 Minute Meditation** - <https://www.youtube.com/watch?v=inpok4MKVLM>



# Task Eight – Old school

## Handwrite a letter

*In this day and age we send very few handwritten letters, it is far easier to send a quick email or message. However taking the time to physically write a letter shows you have put time and effort into that correspondence.*

*Your task is to hand write a letter using the template in the next slide.*

- *Your letter can be to anyone you care about, anywhere in the world.*
- *It should contain some information about how you and your family are doing at the moment.*
- *You can share that the idea for the letter came from your online school work that you are completing because schools are closed or you are in isolation.*
- *Don't forget to ask them questions, you never know you might get a reply.*
- *It is up to you if you send the letter, but once you can, it might be nice to post it off.*
- *Take a photo of your letter*