



Holy Family Community School

Wellbeing Pack

Week 3: January 27th -
February 3rd



“Tough times don't last, tough people do”

Welcome back to the HFCS **Wellbeing Pack**. The Wellbeing Pack will have a different theme each week, with activities and challenges you can do to help support your wellbeing while learning from home. There has also been some tips added to the remote learning section that may be helpful for you!

Here are some tips for using this wellbeing pack:

- Try at least one new tip each day, and see what ones work best for you and your wellbeing.
- Share some of the suggested tips and activities with others in your home.
- The resource is divided into four sections;
 - Tips on how to engage in remote learning
 - A focus for the week on a specific **activity** that you can do to support your wellbeing
 - The **Weekly Wellbeing Challenge!**
 - Some tips and resources for practicing mindfulness

Thank you for getting involved with the Wellbeing Pack. I hope you enjoy 😊

M. Morrin



Part 1:

How To Engage In Remote Learning

Learning From Home: How To Be Prepared For It?



- Treat Monday-Friday the exact same as you would treat it when in school;
- Be at your work station and ready for your first class at 8:45am
- Have your iPad charged/books & copies ready
- Follow the normal school timetable as much as possible.
- Limit distractions - if you do not need your phone to access online teaching resources such as One Drive/Teams, leave the phone out of the room - there are apps you can use to help limit the time you spend scrolling on it.
- Ask your teacher for help if you are having issues accessing the classwork/lessons. Communication is key!
- Get a good night's sleep every night. This is a tiring experience & your body needs rest 😴

Methods to Avoid Eye Strain:



- Last week we looked at apps we can use for time-blocking on our phones.
- This week, we will focus on how to avoid eye strain.
- If we are looking at screens all day for our schoolwork, followed by watching TV/using our phones in the evening, our eyes will be negatively affected.
- Try using some of the tips below and see the difference it makes to your eyes as the week goes on!





How to Avoid Burnout:


- It can be very easy to get overwhelmed with the workload. Follow the tips below to help avoid getting overwhelmed at the situation we are in.
- Remember if you are finding remote learning difficult at times, **reach out** to someone you trust. Your teachers, tutors, Year Head, and the school guidance counsellors are all here to help you 😊


HOW TO AVOID BURNOUT
@DUNDALKSTUDYACADEMY


  Take it easy. Pace Yourself.
Take advantage of the extra time.


Don't fool yourself. Be realistic about your study and how many hours you have in a day. Prioritise schoolwork. 


 Feel good about yourself. Eat well. Get fit.
Sleep for 8 hours. Drink 2L of water per day.

Ask for help and direction. Use your teachers expertise. Message @DUNDALKSTUDYACADEMY on Instagram for advice. 

 Start small and expand. Work towards a paragraph instead of an essay.

Don't compare yourself to Mary, Sarah, John or Roger. Everyone is at different stages. Work on you and only you. 

 Weekends are off-limits for study. Relax and take the time to refresh. Do what you love and lots of it.

Just STOP. If you're feeling stressed & overwhelmed. You need to get up & go outside. Leave it for now. 

@DUNDALKSTUDYACADEMY



Part 2:

This Week's Activity:

ACTIVE

Be ACTIVE:

- Physical activity keeps the body strong and healthy.
- Physical activity can have a massive impact on your mental health too.
- Physical activity has been proven to decrease symptoms of depression, anxiety, pain & loneliness.
- Physical activity also improves your focus, school performance, sleep & energy levels.
- If possible, combine your physical activity with fresh air
 - if you can go outside for a walk/workout, give it a go!





Part 3:

The Weekly
Wellbeing
Challenge!

GET MOVING!

WEEKLY WELLBEING CHALLENGE!

- Each week, there will be a new Wellbeing Challenge to complete!
- The top 15 entries from each Year Group will be awarded a Merit Card for their efforts, and will be in with the chance to have their work featured on the school's website!

Get Moving!

- Try out 3 new physical activities this week!
- Combine this with your reflection sheet at the end of this wellbeing pack - how did you feel before taking part in physical activity, and how did you feel after?
- How do you think it helped your physical and mental wellbeing?
- It's a personal reflection, and therefore you will not be asked to share it with the class.
- Check out the next page for ideas on how you can get moving during lockdown!
- Email your piece of work to wellbeing@hfcs.ie. Please make posters and stories in PDF form. If you are unsure how to make a PDF, email wellbeing@hfcs.ie for instructions.

**Closing Date: Wednesday 3rd
February at 11am**



Ways you can get **ACTIVE** this week!

RUN!

- Download a run tracker app
- Strava, Nike Run Club, MapMyRun, RunKeeper are all free
- Couch 2 5k is also a free app that will build your strength to run 5km!

DANCE!

- Put on your favourite playlist and dance your way around your house 🥰
- Zumba - there are thousands of classes on YouTube, check them out!
- Check out PopSugar Fitness on YouTube - they have lots of different dance class videos on their channel.

HIIT

High-Intensity Interval Training

- Check out some workout videos on YouTube! Here are some good accounts with lots of FREE workouts:
- Joe Wicks PE at home
 - SELF 30-min HIIT workouts
 - Drew Hopper HIIT for teens
 - Effortless Health HIIT

OTHER FITNESS

ACTIVITIES:

- Play football, basketball, or GAA with your family in your local park (within 5km of course 😊)
- Take your dog for a walk
- Skipping can be done both indoors & outdoors
 - Try yoga out!

Other sample workouts:

28 MINUTE FULL BODY AT HOME WORKOUT

- Up & down the stairs 5x
- 50 squats
- 20 push-ups
- 1 minute plank
- 40 bicep curls (10 lb weights)
- 60 bicycle crunches
- Up & down the stairs 5x
- 50 lunges
- 20 push-ups
- 1 minute plank
- 40 tricep curls (10 lb weight)
- 60 bicycle crunches
- Up & down the stairs 5x
- 50 sumo squats
- 20 push-ups
- 1 minute plank
- 40 shoulder press (10 lb weights)
- 60 bicycle crunches
- Up & down stairs 5x
- 50 squats
- 20 push-ups
- 1 minute plank
- 60 bicycle crunches
- 60 bicycle crunches
- Stretch

Set your timer and do as much as you can!

SPELL YOUR WORKOUT!

USE YOUR NAME OR WHATEVER WORD YOU CHOOSE FOR EACH LETTER DO THE WORKOUT LISTED BELOW

- | | |
|------------------------|--------------------------|
| A - 5 BURPEES | N - 10 LATERAL JUMPS |
| B - 10 TRICEP DIPS | O - 15 AIR JACKS |
| C - 15 PUSH-UPS | P - 20 REVERSE LUNGES |
| D - 20 SQUATS | Q - 5 180 DEGREE JUMPS |
| E - 5 JUMP LUNGES | R - 10 PRISONER SQUATS |
| F - 10 SUPERMANS | S - 15 STANDING CRUNCHES |
| G - 15 SQUAT JUMPS | T - 20 PLANK JACKS |
| H - 20 JUMPING JACKS | U - 5 DONKEY KICKBACKS |
| I - 5 SQUATS W/ PULSE | V - 10 SQUAT BURPEES |
| J - 10 TRICEP PUSH-UPS | W - 15 CURTSY LUNGES |
| K - 15 LONG JUMPS | X - 20 SKATERS |
| L - 20 CRUNCHES | Y - 5 MOVING PLANKS |
| M - 5 TUCK JUMPS | Z - 10 STEP-UPS |

He + She EAT CLEAN

Couch to 5K Challenge

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
week one	Run 1 min walk 2 mins repeat 5 X	Walk 5 mins	Run 1 min walk 1 min repeat 5 X	Rest Day	Rest Day	Run 2 mins walk 1 min repeat 5 X	Rest Day
week two	Run 2 mins walk 3 mins repeat 4 X	Rest Day	Run 1 min walk 1 min repeat 10 X	Rest Day	Rest Day	Run 3 mins walk 4 mins repeat 3 X	Rest Day
week three	Run 2 mins walk 2 mins repeat 5 X	Walk 5 mins	Run 3 mins walk 2 mins repeat 3 X	Rest Day	Rest Day	Run 5 mins walk 2 mins repeat 3 X	Rest Day
week four	Run 4 mins walk 3 mins repeat 3 X	Walk 5 mins	Run 1 min walk 1 min repeat 12 X	Rest Day	Rest Day	Run 5 mins walk 3 mins repeat 3 X	Rest Day
week five	Run 7 mins walk 3 mins repeat 3 X	Walk 5 mins	Run 2 mins walk 2 mins repeat 3 X	Rest Day	Rest Day	Run 5 mins walk 3 mins repeat 3 X	Rest Day
week six	Run 8 mins walk 3 mins repeat 2 X	Walk 5 mins	Run 10 mins walk 4 mins repeat 2 X	Rest Day	Rest Day	Run 1 min walk 1 min repeat 12 X	Rest Day
week seven	Run 12 mins walk 3 mins repeat 2 X	Walk 5 mins	Run 5 mins walk 1 min repeat 8 X	Rest Day	Rest Day	Run 15 mins walk 5 mins repeat 2 X	Rest Day
week eight	Run 15 mins walk 5 mins repeat 2 X	Walk 5 mins	Run 2 mins record time	Rest Day	Rest Day	Run 1 min walk 1 min repeat 12 X	Rest Day
week nine	Run 7 mins walk 2 mins repeat 4 X	Walk 5 mins	Run 3 mins walk 1 min repeat 8 X	Rest Day	Rest Day	Run 10 mins walk 5 mins repeat 2 X	Rest Day
week ten	Run 10 mins walk 2 mins repeat 2 X	Walk 5 mins	Run 10 mins walk 2 mins repeat 3 X	Rest Day	Rest Day	Run 16 mins walk 2 mins repeat 2 X	Rest Day

HOME WORKOUT

MADE BY DAREBEE © darebee.com
Repeat 5 times in total - Rest up to 2 minutes in between
download in other languages darebee.com/hw



10 hip rotations



10 step jacks



10 chest expansions



10 calf raises



10 march steps

15-minute MORNING WORKOUT

by DAREBEE © darebee.com
repeat 3 times in total with 2 minutes rest between sets



20 jumping jacks



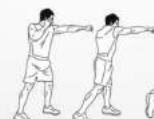
20 squats



20 lunges



10 push-ups



40 punches



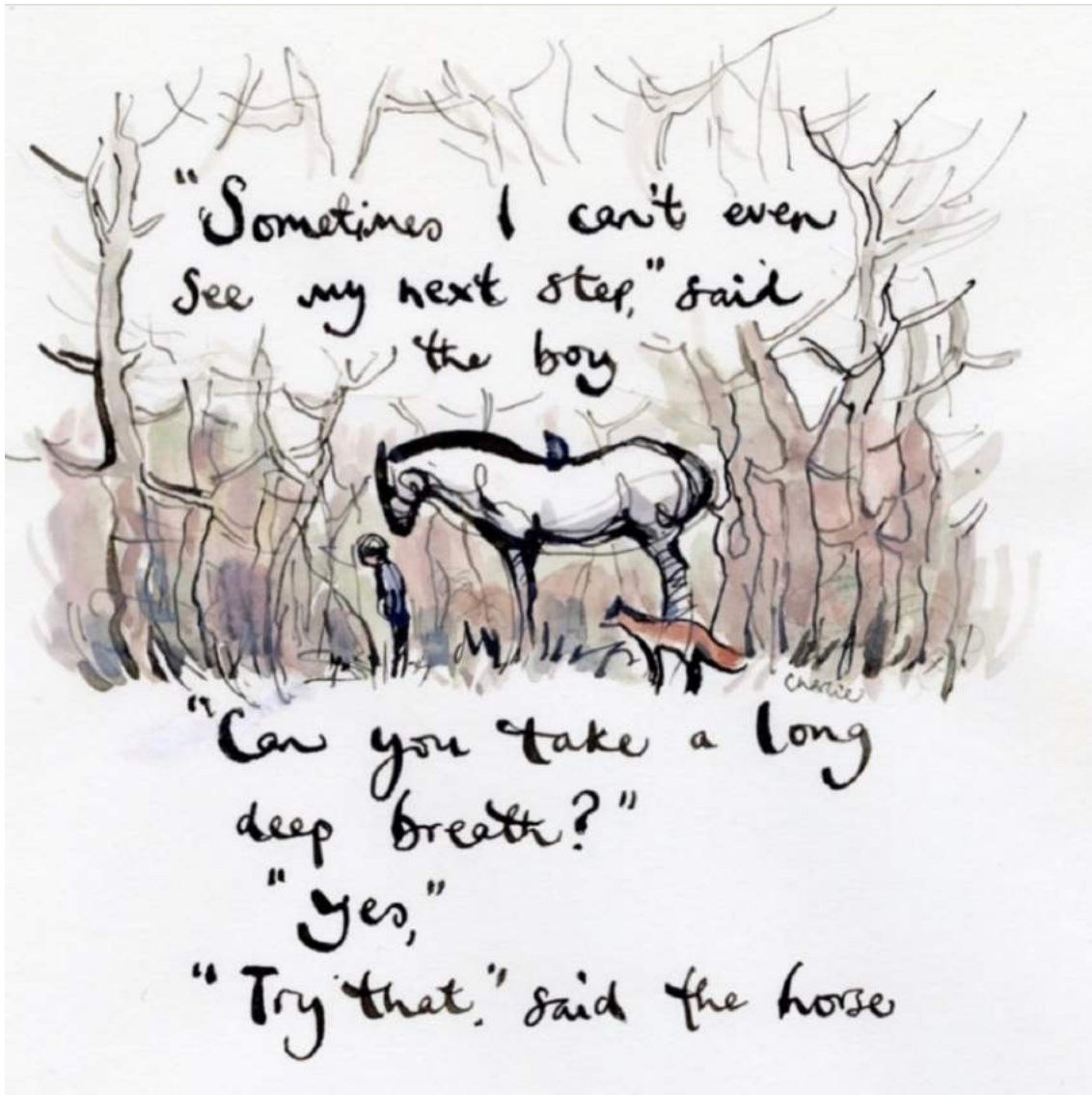
60sec elbow plank



Part 4:

Practicing
Mindfulness

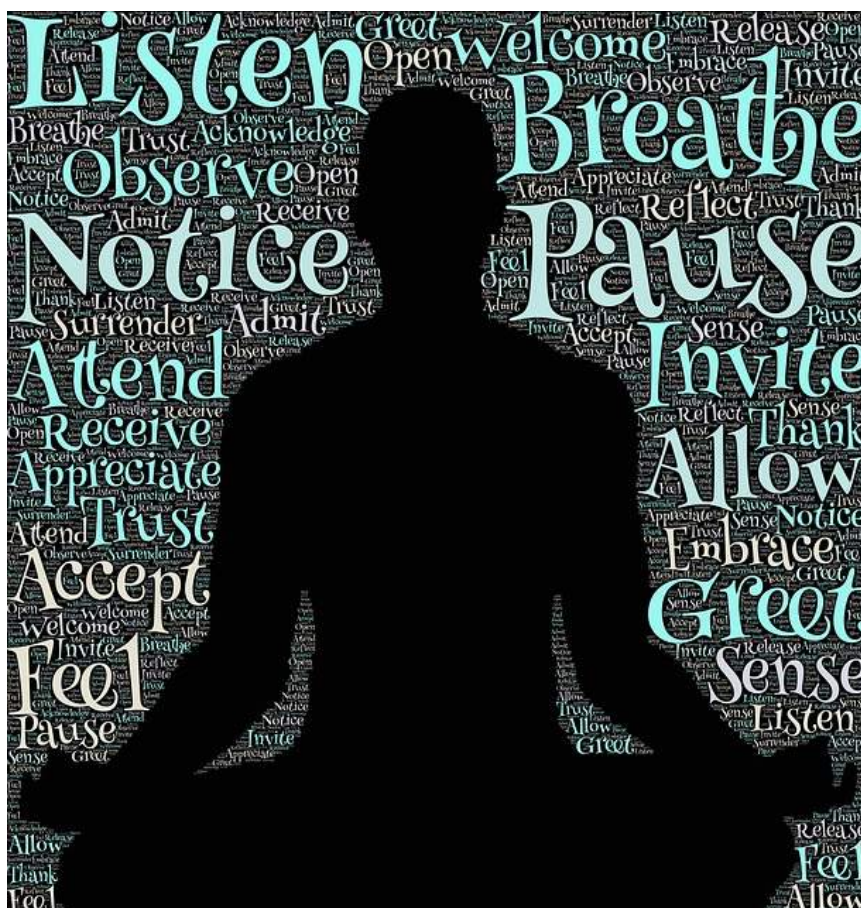
B R E A T H E



'Box' Breathing Technique:
Breathe in deeply for 4 seconds
Hold for 4 seconds
Breathe out for 4 seconds
Repeat 4 times

LISTEN

- Take at least 5 minutes every day to totally switch off from the world around you.
- Listen to the meditation your tutor sent you, or alternatively look up the following apps and podcasts:
 - Calm app
 - Headspace app
 - Meditation app by DownDog (free access for students and staff using your school email address)
 - Spotify - "Where Is My Mind"
 - Spotify - "Wake Up Wind Down"
 - Spotify - "Mindful In Minutes"



W R I T E

- Write down how you're feeling; what positives have you had today, what struggles have you had, what are you grateful for.
- Taking the time out of your day to acknowledge your feelings will enable you to take control of your own wellbeing. It will help focus your attention on areas that add to your life, and things that make you feel good.
- Feel free to use the reflection sheet below to help you get started!



My Daily Reflection:

Top 3 Tasks today:

What Went Well Today:

3 Things I'm Grateful For:

What Could I Do Better:

1 Thing I Can Do To Help Others:

Something I Did That I'm Proud of:

Useful Information & Helplines:

If you don't feel like yourself, here are some useful helplines:

- teenline.ie 1800 833 634
- jigsaw.ie 1800 544 729
- Turn2Me.ie
- pieta.ie 1800 247 247
- samaritans.org 116 123
- SpunOut.ie Text SPUNOUT to 50808
- Turn2Me.ie

