Use this timetable if you are social distancing. It supports the ‘5 ways to wellbeing’ by using activities that look after your mental wellbeing at what might be an anxious or lonely time. We will be staying active, learning new things, connecting with nature, ourselves and others, giving our time to others and taking notice of how we are feeling.

### Monday:
1. ‘Beat the coach’ weekly challenge  
2. Daily Doodle  
3. Home Exercise with Coach Tony #1

#### 5 ways to wellbeing:
- 1. ‘Beat the coach’ weekly challenge: Be Active  
- 2. Daily Doodle: Keep Learning  
- 3. Home Exercise with Coach Tony #1: Be Active, Connect

#### What do you need?
- Access to our Facebook Page: Active and Inclusive Swindon
- Pens, paper, crafts **ALSO** see resources below
- Access to our Facebook Page for video OR try ‘Chair Exercises’ below

### Tuesday:
1. Catching challenge with Coach Lewis  
2. Daily Doodle  
3. Weekly Makaton challenge

#### 5 ways to wellbeing:
- 1. Catching challenge with Coach Lewis: Be Active, Connect  
- 2. Daily Doodle: Keep Learning  
- 3. Weekly Makaton challenge: Keep Learning, Connect

#### What do you need?
- Access to our Facebook Page for video
- Pens, paper, crafts **ALSO** see resources below
- Access to our Facebook Page OR guidance in useful links below

### Wednesday:
1. Home Exercise with Coach Tony #2  
2. Daily Doodle  
3. Adaptive Yoga #2

#### 5 ways to wellbeing:
- 1. Home Exercise with Coach Tony #2: Be Active, Connect  
- 2. Daily Doodle: Keep Learning  
- 3. Adaptive Yoga #2: Be Active, Take Notice

#### What do you need?
- Access to our Facebook Page for video **OR** try ‘Pillow Workout’ below
- Pens, paper, crafts **ALSO** see resources below
- Access to our Facebook Page **OR** look at useful links below

### Thursday:
1. At home ‘mindfulness’  
2. Daily Doodle  
3. Sofa workout with Coach Lewis

#### 5 ways to wellbeing:
- 1. At home ‘mindfulness’: Be Active, Take Notice, Connect  
- 2. Daily Doodle: Keep Learning  
- 3. Sofa workout with Coach Lewis: Be Active, Connect

#### What do you need?
- Relaxing space (Garden or balcony), notice 5 things you can see, 4 things you can **hear**, 3 things you can feel (E.G. Feet on the ground), 2 things you can **smell**, and 1 thing you can **taste**
- Pens, paper, crafts **ALSO** see resources below
- Access to our Facebook Page for video **OR** ‘Sofa Workout’ below
Social Distancing Timetable WK 3

Friday:
1. Home Exercise with Coach Tony #3  Be Active
2. Call / text / video call someone  Give, Connect
3. Daily Doodle  Keep Learning

Access to our Facebook page for the post OR try ‘Stairs Workout’ below
Phone, time to call or text a friend or relative
Pens, paper, crafts ALSO see resources below

Saturday:
1. Seated Exercise with Coach Sam  Be Active
2. Cook a new healthy meal  Keep Learning
3. Daily Doodle  Keep Learning

Access to our Facebook page for the video
Recipe book/website, ingredients see useful links below
Pens, paper, crafts ALSO see resources below

Sunday:
1. Play a board game  Keep Learning, Connect
2. Gratitude list  Take Notice
3. Daily Doodle  Keep Learning

Your favourite board game (Monopoly, Scrabble)
Write down 5 things that you are grateful for this week
Pens, paper, crafts ALSO see resources below

If you have any questions, here is how you can contact us:

Email: lbird@swindon.gov.uk (Lewis Bird)

Tel: 07976 909660

Check us out on Facebook: Active & Inclusive Swindon

Or our website:
www.activeandinclusiveswindon.co.uk

It is vital that you follow NHS guidance to keep yourself safe during the Coronavirus outbreak.
Follow https://www.nhs.uk/conditions/coronavirus-covid-19/ for more information if you are unsure.
Chair Exercises

WORKOUT © darebee.com

3 sets | up to 2 minutes rest between sets

www.nhs.uk NHS choices

- 20 chest expansions
- 20 side arm raises
- 10 dives
- 10 raised arm circles 5 clockwise / 5 counterclockwise
- 20 overhead punches
- 20 punches

pillow workout

repeat 5 times | up to 2 minute rest between sets © neilarey.com

- 20 pillow presses
- 10 pillow squats
- 10 pillow high knees
- 20 pillow strikes
- 20 pillow lunges

www.nhs.uk NHS choices
Stairs Workout

Repeat 5 times | up to 2min rest between sets
Walk up the stairs 3 times before every circuit
© neilarey.com

1. 20 step taps
   alternating

2. 20 step-ups
   alternating

3. 10 step jumps

4. 10 split squats
   alternating

5. 20 stair climbers
   alternating

6. 10 calf raises

www.nhs.uk NHS choices

Sofa Workout

Repeat 3 times | up to 2min rest between sets
© neilarey.com

1. 20 half squats

2. 10 sofa dips

3. 20 climbers

4. 10 side-to-side sofa walks

5. 10 leg raises

6. 10 raised leg circles

www.nhs.uk NHS choices
Useful Links:

**Makaton Challenge:** This week we will be learning to say ‘Please’ and ‘Thank you’

![Makaton Challenge Image]

**Adaptive Yoga:** Follow the link below for 2 videos of yoga classes that are suitable for everyone, this week take a look at the second video: [https://www.wheelpower.org.uk/resources/adaptiveyoga?fbclid=IwAR2kfdv12T1Q84E4r12x-FZYoEeA8xVQcracb4fARgpaAyAayLwedL0CNQ](https://www.wheelpower.org.uk/resources/adaptiveyoga?fbclid=IwAR2kfdv12T1Q84E4r12x-FZYoEeA8xVQcracb4fARgpaAyAayLwedL0CNQ)

**Healthy eating and recipes:** Change 4 Life has some fantastic meal resources:
- [https://www.nhs.uk/change4life/recipes](https://www.nhs.uk/change4life/recipes)
- They also have an app: [https://play.google.com/store/apps/details?id=uk.nhs.befoodsmart&hl=en_GB](https://play.google.com/store/apps/details?id=uk.nhs.befoodsmart&hl=en_GB)
**How I'm Feeling**

**Words to describe how I feel:**

**What I have learnt most from this experience:**

**I am most thankful for:**

**The 3 things I am most excited to do when this is over:**

1. 
2. 
3. 

---

**Interview your Parents**

**What has been the biggest change?**

**How are you finding homeschooling?**

**Days spent inside**

**Your top 3 moments from this experience:**

1. 
2. 
3. 

**What activities/hobbies have you most enjoyed doing?**

**What are you most thankful for?**

**Quote TV show you watched:**

**Your new found favourite inside family activity:**

**Favourite food to bake:**

**Favourite time of day:**

---

**Goal(s) for after this:**