

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:

- Be Active  
Keep Learning  
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

- Be Active, Connect  
Keep Learning  
Keep Learning, Connect

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

- Be Active, Connect  
Keep Learning  
Be Active, Take Notice

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

- Be Active, Take Notice, Connect  
  
Keep Learning  
Be Active, Connect

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

**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

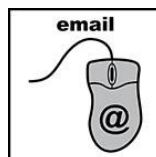
**Sunday:**

- |                      |                        |
|----------------------|------------------------|
| 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](mailto:lbird@swindon.gov.uk) (Lewis Bird)



Tel: 07976 909660



Check us out on Facebook: Active & Inclusive Swindon



Or our website:  
[www.activeandinclusiveswindon.co.uk](http://www.activeandinclusiveswindon.co.uk)



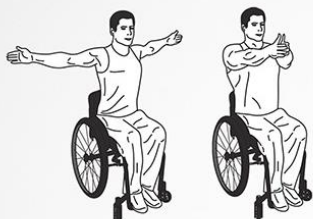
It is vital that you follow NHS guidance to keep yourself safe during the Coronavirus outbreak. Follow <https://www.nhs.uk/conditions/coronavirus-covid-19/> for more information if you are unsure.

# Chair Exercises

WORKOUT @ darebee.com

3 sets | up to 2 minutes rest between sets

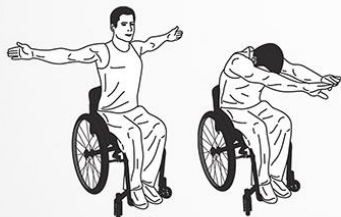
www.nhs.uk **NHS** choices



20 chest expansions



20 side arm raises



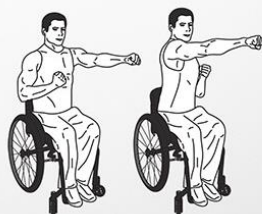
10 dives



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

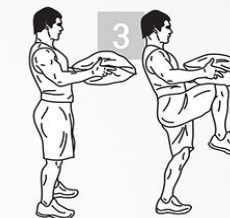
@ neilarey.com



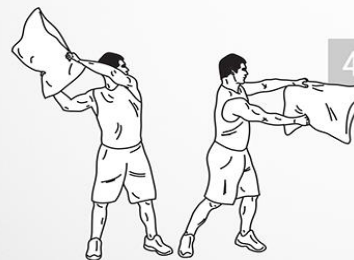
20 pillow presses



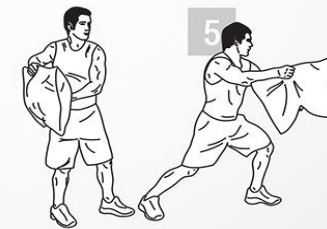
10 pillow squats



10 pillow high knees



20 pillow strikes



20 pillow lunges

www.nhs.uk **NHS** choices

# Stairs Workout

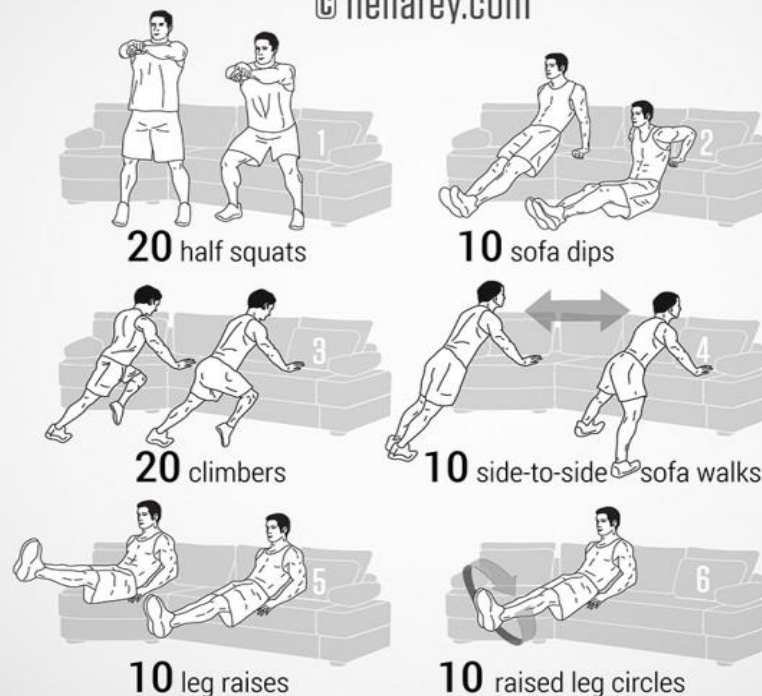
Repeat 5 times | up to 2min rest between sets  
Walk up the stairs 3 times before every circuit  
© neilarey.com



www.nhs.uk **NHS** choices

# Sofa Workout

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

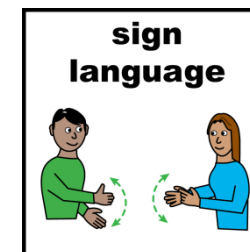


www.nhs.uk **NHS** choices

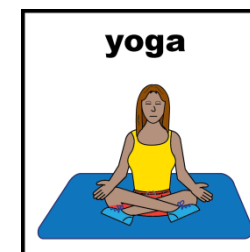


## Useful Links:

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



**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=IwAR2kfdv12T1Q84E4rI2x-FZYoeAj8XvIracRB4fARgp\\_ayAayLwedL0CNQ](https://www.wheelpower.org.uk/resources/adaptiveyoga?fbclid=IwAR2kfdv12T1Q84E4rI2x-FZYoeAj8XvIracRB4fARgp_ayAayLwedL0CNQ)

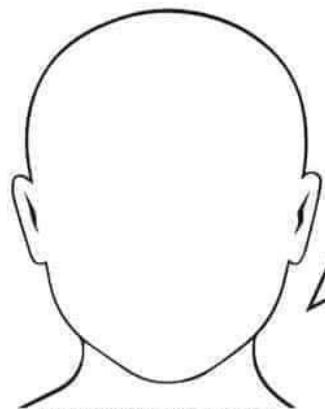


**Healthy eating and recipes:** Change 4 Life has some fantastic meal resources:

- <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:

HOW MY FACE LOOKS



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

HOW ARE YOU FEELING?

YOUR TOP 3 MOMENTS FROM THIS EXPERIENCE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

WHAT ACTIVITIES/HOBBIES HAVE YOU MOST ENJOYED DOING?

WHAT ARE YOU MOST THANKFUL FOR?

WHAT TV SHOW YOU WATCHED : \_\_\_\_\_

GOAL/S FOR AFTER THIS:

YOUR NEW FOUND FAVOURITE INSIDE FAMILY ACTIVITY:

FAVOURITE FOOD TO BAKE: \_\_\_\_\_

FOVOURITE TIME OF DAY: \_\_\_\_\_