

Dear all

Welcome to week 5 of our Wellbeing Wednesday's. We hope you found Week 4 helpful and that you have explored learning new skills.

This week's focus is on **'Giving...your time, your words, and your presence'**

*"When you express your gratitude in words or actions, you not only boost your own positivity but other people's as well. And in the process you reinforce their kindness and strengthen your bond to one another".*

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy. Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing. You can still 'give' to others and help your community without needing to leave your home.

It can involve parting with material things like money and gifts, or immaterial things like our time, skills, knowledge, enthusiasm, passion and kindness. Giving can really help us gain a healthier perspective about the world around us. Giving to others helps us think about other people and takes our thoughts away from our own concerns to see the 'bigger picture'.

### **Giving can take lots of different forms, from small everyday acts to larger commitments.**

Today, you could:

- Say thank you to someone, for something they've done for you.
- Phone a relative or friend who needs support or company.
- Ask a member of your family how they are and really listen to the answer.
- Use a unique skill you have to make or do something for someone you love.

This week, you could:

- Arrange a family quiz or get together using a virtual conferencing tool such as Zoom. (remember to always stay safe online)
- Sign up to volunteer from home:
  - Medway Volunteer Centre  
<http://www.medwayvolunteercentre.org.uk/>
  - Medway Voluntary Action  
<http://www.medwayvoluntaryaction.org.uk/Volunteering-Volunteers>  
<https://www.mva.org.uk/coronavirus-covid-19-volunteering>

### Get involved or make a donation

Mrs Brook is sewing scrub caps, laundry bags and gowns for the NHS hospitals, care homes, district nursing teams, GPs, etc. Mr Walker is making face visors, and Ms Vella is sewing too. Mrs Beasley is making ear protectors - I'm sure there are many parents and children who are keen to get involved and help out too.



If you are able to sew and would like to join in please go to the groups Facebook page:

**For the love of scrubs - our NHS needs you.**



### This week's Quiz:

Have some fun and try to answer these questions. We will send out the answers with next week's Wellbeing Wednesday update

1. How many milk teeth are there in a full set?
2. Who became the 44th President of America in 2009?
3. Who sings the following songs: Shape of You, Castle on the Hill, and Perfect?
4. Which country is Athens the capital of?
5. In which city would you find the Statue of Liberty?
6. What is  $8 + 42 + 30$ ?
7. Which word is the odd one out and why: Sheepdog, Spaniel, Siamese?
8. True or false: the River Nile runs through Africa?

The answers to last week's quiz questions are below:

### Quiz Week 4 answers:

1. Teeth
2. Nectar
3. Peter Pan
4. (January, February, May, July)
5. Africa
6. Grapes
7. Dublin
8. Wings
9. 24
10. Lemonade
11. 168
12. Camila, Lauren, Ally, Dinah-Jane and Normani
13. 160
14. False: most lived in caves, tents and huts
15. 12 o'clock in the daytime (12pm)

**How did you do?**

# ChALLENGE

## Weekly Challenge

Create a rainbow collage from different coloured items you have in your house.

Display this in your front windows to show your support for the NHS.

Here are some ideas to get you started



Richard Of York Gave Battle In Vain is a mnemonic or poem we can use to remember the colours in the rainbow. The first letter of each word matches the first letter in the colours Red, Orange, Yellow, Green, Blue, Indigo Violet. Can you make your own poem up to remember the colours?



## Weekly Recipe to try at home:

### Rock Cakes - Makes 12

200g self-raising flour  
½ teaspoon salt  
Pinch of mixed spice  
75g margarine  
75g caster sugar  
75g mixed dried fruit  
1 standard egg slightly beaten  
2 tablespoons milk  
Demerara sugar



**Cooking time 10 – 15mins**

**Oven 200°C, 400°F Gas Mark 6**

1. Sieve together the flour salt and mixed spice.
2. Rub in the margarine until the mixture resembles fine breadcrumbs.
3. Add the sugar and the fruit. Mix the egg and the milk together and pour into the ingredients.
4. Mix well with a fork to a rough dough.
5. Put 12 spoonfuls of the mixture on a greased baking tray.
6. Rough up with a fork and sprinkle each cake with demerara sugar.
7. Bake in a moderate oven for 10 – 15 minutes or until golden brown.

## Useful Websites:

If you're worried about your mental health during the Coronavirus contact the Samaritans Call 116 123 or email: [jo@samaritans.org](mailto:jo@samaritans.org)

Mindfulness exercises and resources <https://www.livingwell.org.au/mindfulness-exercises-3/>

Recipes from Medway Cooks - Live video – Early Years Nutrition  
<https://www.facebook.com/triforyoumedway/> (Wednesday)

DIY Happiness - uses humour, creativity and principles of positive psychology to give practical advice/info to help people 'bounce back' from adversity and increase resilience.

[www.diyhappiness.co.uk/](http://www.diyhappiness.co.uk/)

Hope you find this week's Wellbeing Wednesday helpful, we would be grateful for any feedback or pictures.

Many thanks

Ms Sweetlove & Mrs Halton

