





## Connect

Connect with people around you. With your family, with friends, neighbours and colleagues. Think of these connections and relationships as the cornerstones of your life and invest time in developing them. Nurturing these will support and enrich you every day.

Research suggests that...

- social networks increase our sense of belonging and wellbeing.
- life goals that are intertwined with a connection to family and friends promotes life satisfaction the happier you are, the stronger your social relationships will be.



## Keep Learning

Try something new. Take on a new responsibility at work. Learn how to cook, play an instrument or a new language. Learning new things makes us feel more confident as well as being enjoyable.

Research suggests that...

- learning new things has a positive impact on our mental wellbeing in older people,

- opportunities to work or learn can help to lift people out of depression
- setting goals for ourselves is associated with higher levels of wellbeing.



## Keep Active

Step outside, go for a walk or run. Dance. Garden. Cycle. Exercise makes us feel good. Find a physical activity you enjoy and one that is suitable to your level of fitness and mobility. Any type of physical activity can make us feel good. Slower-paced activities, like walking, can enhance our mood by allowing us to enjoy

our natural surroundings.

Research suggests that physical activity reduces stress and helps us sleep better, helps us to manage our weight, helps keep our heart strong and reduces our blood pressure.





# CHALLENGE

## Mrs Mehta's Smoothie Challenge:

Lots of us feel drained as a result of the current circumstances, but rather than relying on caffeine or sweet treats for a boost, did you know there are foods that can make all the difference to our energy levels?

These include fruit and vegetables but, don't worry, they can not only be very tasty but fun to make!

### Ingredients:

- Two cups of orange juice
- 1 cup of yogurt
- 1/2 teaspoons of vanilla extract

- 2 cups of frozen or fresh mixed berries
- 1 banana

### Instructions:

1. Place all ingredients into a blender (liquid ingredients first).
2. Blend on high for 2 minutes or until smooth. Scrap down sides and blend for another 30 seconds.
3. Enjoy!

### Can you make a delicious smoothie?

Please send your recipes and any photo evidence of your smoothies to: [SEND@manorhigh.leics.sch.uk](mailto:SEND@manorhigh.leics.sch.uk)



## ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

8 Set yourself a kindness mission. Give your time to help others

9 Look out for positive news and reasons to be cheerful today

10 Tell someone about why your favourite music means a lot to you

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind