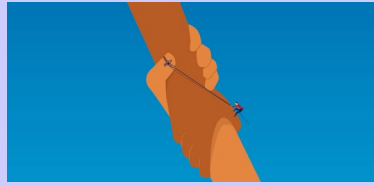


Wellbeing Matters – Weekly Activities

W/c 25th January



Mind Fit Monday: Deskercise!

STRETCHES YOU CAN DO AT YOUR DESK



The term deskercise refers to exercise that can be performed throughout your workday and even from your desk. Do you sit all day? You may notice tightening through your hip flexors. Lots of computer work? You may notice rounding through your shoulders and poor posture. Our bodies were made to move, so when we become inhibited our health is left to suffer. To prevent or reduce stiffness and pain, try simple office stretches throughout the day. Perform these stretches several times throughout the day to help keep your muscles from feeling sore and tight. This will also help replenish and refresh your brain!

Here are some top-to-bottom, quick and simple stretches you can do right at your desk.

Or why not try this short yoga practice you can do at your desk!

‘Desk’ yoga practice: <https://www.youtube.com/watch?v=tAUf7aajBWE>

Talk+Respond Tuesday:

How to practice effectively...for just about anything

Mastering any physical skill takes practice. Practice is the repetition of an action with the goal of improvement, and it helps us perform with more ease, speed, and confidence. But what does practice actually do to make us better at things?



<https://www.youtube.com/watch?v=f2O6mQkFiw&feature=youtu.be>

Wind down Wednesday:

Releasing stress through the power of music

Music can have a profound effect on both the emotions and the body. Faster music can make you feel more alert and concentrate better. Upbeat music can make you feel more optimistic and positive about life. A slower tempo can quiet your mind and relax your muscles, making you feel soothed while releasing the stress of the day. Try listening to some calming music at the end of the day to help you wind down.



The gentle, lyrical playing of the Italian composer-pianist **Ludovico Einaudi** is an instant wind down winner and the perfect way to ease the stresses of the day.

Ludovico Einaudi 'Nuvole Bianche' <https://www.youtube.com/watch?v=xyY4IZ3JDFE>

For more ideas of calming music, check out this list from Classic FM:
<https://www.classicfm.com/discover-music/mood/relaxing/music-relaxation/>

Thoughtful Thursday:

Mandala – Learn to draw a mandala

Mandalas are great tools for meditation and increasing self-awareness. A mandala is a complex abstract design that is usually circular in form. In fact, "mandala" is a Sanskrit word that means "circle". Mandalas generally have one identifiable centre point, from which emanates an array of symbols, shapes and forms. Mandalas can contain both geometric and organic forms. They can also contain recognizable images that carry meaning for the person who is creating it.



In essence, mandalas represent the connection between our inner worlds and outer reality. Designing your own mandalas can be both inspirational and therapeutic. Drawing and colouring a mandala can be a highly enriching personal experience in which you look inside yourself and find the shapes, colours and patterns to represent anything from your current state of mind to your most deeply-desired wish for yourself, for a loved one, or for humanity.

Check out this step-by-step guide to create your own mandala:

<https://www.art-is-fun.com/how-to-draw-a-mandala>

For the more adventurous, see if you can create this mandala design!

<https://www.youtube.com/watch?v=qIVNLxGtXao>

Readaxation Friday:

The latest recommendations from Mr Fletcher

All books recommended can be borrowed as ebooks from your local public library (you can sign up for free) or purchased from Amazon or from your local book shop – both Village Books and Dulwich Books are operating click and collect services .

<https://www.village-books.co.uk/>

<https://dulwichbooks.co.uk/>

For FREE access to ebooks go to Project Gutenberg (link below). Their books are generally pre-twentieth century so a great opportunity to catch up on some classics!

<https://www.gutenberg.org/>

Lower School

Ms McGuinness recommends:

Dry by Neal and Jarrod Shusterman

Recently recommended by Stephen King on Twitter, “ I couldn’ t put it down,” Dry by father and son team Neal and Jarrod Shusterman is set in present day California, imagining what happens to society when ‘tap out’ happens—the water supply is suddenly cut; the taps run dry. This drastic scenario takes (nearly) everybody by surprise despite the warning signs. People try to stay calm and wait for the relief effort to start...but every hour counts when you’re thirsty. This novel is an action-packed thriller following an unlikely group of kids, thrown together by desperate circumstances as they try to stay alive amidst the chaos that ensues. You’ll never look at a simple glass of water in the same way again!

Middle School

The Young Elites by Marie Lu

This is the first book in a popular fantasy trilogy set on the island of Kenettra in the Sealands. Young people who recover from the mysterious “blood fever” find themselves marked as abominations but some also discover that they have developed new gifts and become a part of the Young Elite. The main character Adelina is one of these but her powers are particularly strong and dark making her an enemy not only of the Inquisition Axis - those who want to destroy the Young Elites - but also a threat to the Young Elite themselves. The epilogue will leave you craving to find out more and the story continues in The Rose Society and concludes in The Midnight Star.

Upper School

The Old Drift by Namwali Serpell

Winner of the 2020 Arthur C Clarke Award – the most prestigious prize for science fiction books – ranking it alongside previous winners such as Colson Whitehead’s The Underground Railroad, Emily St. John Mandel’s Station Eleven and Chris Beckett’s Dark Eden which I would also heartily recommend!

The Old Drift mixes historical fiction, magical realism and science fiction as it tells the stories of three African families over three generations from a village on the banks of Lake Victoria (The Old Drift) in colonial Northern Rhodesia through 1960’s (newly independent)

Zambia and into the future. It is largely a family saga of intertwined lives and the science fiction is subtle to say the least but it is a brilliant read that establishes the author as one of the pre-eminent African writers of the twenty-first century.



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Look after yourselves. Look after each other. Stay connected. Be well.

Best wishes, The Wellbeing Department: Ms Whittington, Ms Kelly and Mr Flower