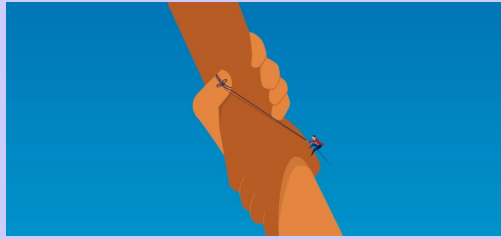


Wellbeing Matters – Weekly Activities

W/c 11th January



Mind Fit Monday:

Sleep

As your routine perhaps changes now that you are returning to school, and with a possible increase in screen time with remote learning, you may find getting to sleep more of a challenge. Use this 90-second 'switching off' concept from MindSpace – imagining each part of your body switching off and relaxing before going to sleep – to help you.

[Wind Down: Switching off with Sleep by Headspace - YouTube](#)

Talk+Respond Tuesday:

Remembering David Bowie and 'Life on Mars'

The 10th January was the fifth anniversary of David Bowie's death. Known as a musical chameleon for his ever-changing appearance and sound, David Bowie was born David Robert Jones in Brixton, South London, England, on January 8, 1947. On July 22nd, 1973, David Bowie finally released his new single, what is arguably his magnum opus, the brilliant 'Life On Mars?'. Despite the track featuring on the album *Hunk Dory* almost two years prior, the world was happy to receive the new release for one of the greatest songs that Bowie ever masterminded.

Listen to 'Life on Mars?'. Why do you think Bowie added a ? to the song's title?

[David Bowie – Life On Mars? \(Official Video\) - YouTube](#)

Now watch (and try to keep up!) with a musical analysis of the song:

[Understanding "Life On Mars?" - YouTube](#)



Wind down Wednesday:

Imaginary travel through the radio! (with thanks to Mr Doran!)

1. Find online a country or territory that has very few ongoing Covid cases. You could use the UK travel corridor list <https://www.gov.uk/guidance/coronavirus-covid-19-travel-corridors#countries-territories-and-regions-on-the-travel-corridor-list>
2. Choose one that sounds sunny, beautiful and interesting
3. Using an internet radio app like radios.net (Play Store / App store) or just using the internet browser, search for a radio station from that place and have a listen. Find one you like the sound of, and enjoy!
4. Have a go at doing this every morning. It might make a big difference hearing happy, sunny sounds and zero Covid-related news – like Paradise FM, in Seychelles!



Thoughtful Thursday:

Bob Ross and 'The Joy of Painting'

Whether you are a budding artist or just want a calming 30-minutes, the rather legendary Bob Ross (there is even a bauble made in honour of Bob Ross!) 'Joy of Painting' is just that – a joy. You can either paint along, listen to Bob using painting metaphors as a philosophy for life, or just enjoy the calming nature of the programme – and it's nostalgic 70s theme song! 'The Joy of Painting' can either be found on BBC iplayer; at 7:30pm weekdays on BBCFour or on YouTube. [A Walk in the Woods \(Season 1, Episode 1\) - YouTube](#) And as Bob Ross says, '...there are no mistakes. Just happy accidents.'



Readaxation Friday:

Please have a look at the Library section of MyDulwich for reading ideas. Share recommendations with other members of your tutor group as well!

Have a look at some of the new titles at the Library:

[Latest additions to the Wodehouse Library: Autumn 2020 \(office.com\)](#)



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

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