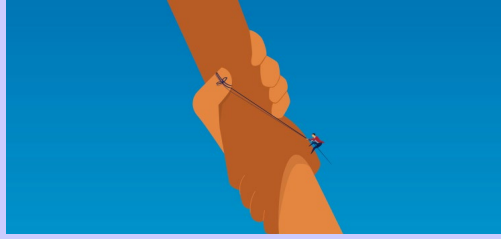


Wellbeing Matters – Weekly Activities

W/c 22nd February



Mind Fit Monday: Guided Meditation



Do you have 5-minutes? Most of us can find 5-minutes to do something we want to do. Maybe it's the time in-between lessons, or when you just wake up or just before going to sleep. Maybe it's at break-time or lunch time. How would you choose to spend those 5-minutes? Guided meditations are a great way to reset both mind and body and most only take 5-minutes! Many people find that it helps them relax and have a stronger control of their emotions. Follow the link below for a new guided meditation. You can do this anytime – just find five minutes!

[5-minute Guided Meditation](#)

Talk+Respond Tuesday:

Your favourite athlete closes in for a win; the crowd holds its breath, and at the crucial moment ... she misses the shot. That competitor just experienced the phenomenon known as “choking,” where despite months, even years, of practice, a person fails right when it matters most. Why does this happen, and what can we do to avoid it? Noa Kageyama and Pen-Pen Chen explain why we choke under pressure.

[How to Avoid Choking Under Pressure](#)

Wind down Wednesday: SLEEP, by Max Richter



In 2015, British composer Max Richter released an ambitious project, *Sleep*, an 8.5 hour listening experience targeted to fit a full night's rest. The album itself contains 31 compositions, some reaching 20–30 minutes in duration, all based around variations of 4-5 themes. The music is calm, slow, mellow and composed for piano, cello, two violas, two violins, organ, soprano vocals, synthesizers and electronics. "It's an eight-hour lullaby," says its composer. "It's my personal lullaby for a frenetic world," he says. "A manifesto for a slower pace of existence."

The album was performed in its entirety as one compositional piece at the Reading Room at Wellcome Collection in London, on September 27, 2015 from midnight to 8:00 AM as the climax of the BBC Radio 3 "Science and Music" weekend. The performance broke several records, including the longest live broadcast of a single piece of music in BBC Radio 3's station's history. The performance also set Guinness World Records for longest broadcast of a single piece of music and longest live broadcast of a single piece of music. Instead of chairs to sit in and watch the performance, audience members were given beds to sleep in.

Watch the trailer here: [Sleep - Trailer](#)

Listen to the movement 'Dream 3' here: [Dream 3 - in the midst of my life](#)

Thoughtful Thursday – Practising the Scandinavian art of 'hygge'

Hygge is pronounced *hue-guh*. It can be used as a noun, adjective, or a verb. The word comes from a Norwegian word meaning "well-being" and it's a centuries old Scandinavian / Danish concept that is used to describe a moment or feeling that is cozy, special, or charming. It brings to mind pleasant, engaging, mellow, good-humoured, safe, and snug environments. It's comfort and pleasure combined.



Here are some ideas for 'how to hygge.' Try any (or all of these) during the week.

- Lighting candles and adding rugs to soften an area
- Play board games or do a jigsaw with family
- Drawing, painting or creating something
- Turning off all distracting electronics
- Playing some relaxing music (listen to more of Max Richter, above)
- Taking a nice, long bath
- Partaking in stress-free cooking
- Reading a novel or book
- Putting flowers on the table
- Spending time with pets
- Making popcorn or eating some rich chocolate

Readaxation Friday:

Recommendations for reading this week: LGBTQ+ history month

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: LGBTQ+ History Month

<https://sway.office.com/l3dfB4Gu6VokVfKi?ref=Link>

Middle and Upper School: LGBTQ+ History Month Fiction

<https://sway.office.com/NYSzyOpjZI1sK0yr?ref=Link>

Middle and Upper School: LGBTQ+ History Month Non-fiction

<https://sway.office.com/3qXBl9jFeROQpvnH?ref=Link>



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

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