



Feel Good Update



Week 2: Wednesday 22nd April 2020

Motivational Video

Click on the link below



Feel Good Friday Challenge for Friday 24th April

It's been over 5 weeks since we were last all together. **This week we want to do something to remind us of our school community and keep the Eckington spirit alive! So, dress up in the school colours of blue and yellow and show us what you are wearing to complete your daily exercise, online learning or working from home.** This can be an individual entry or the whole family can enter. We want to see photographs of students, parents and school staff. We will post the best photographs on Wednesday 29th April.

Mindfulness

Try yoga. This video mindfulness moment will help calm an overactive mind and reduce anxiety and worry. Click on the link below.



Try keeping a Kindness Diary (for students and adults!) for the next 30 days. As tensions rise, boredom and cabin fever can kick in. We think it is important to keep a focus on being kind and making this an intention. Our website includes a [Kindness Diary](#), a [booklet for students](#) to try and navigate them through some of the feelings they may be experiencing and a leaflet for [parents/carers](#) to help reassure and encourage. There's also a leaflet for our [school staff](#).

Try the Cultural Experience Challenge x100. Whilst you are working from home, try and complete as many of the 100 Cultural Experience activities as possible. The Challenge Grid can be found on the school website. [Just click here](#). Fill in the boxes in a colour OR simply

add the date you did each one. You can paste any photos/links to your work into a new slide. Please email us photos of you completing each of the challenges.

Weekly Competition

Pictures of Spring! Hopefully, you are taking advantage of the lovely springtime weather we are experiencing when outside for your daily exercise routine. Next time you are out, take your phone or a camera and take some photographs that represent springtime. Please send us your best/favourite springtime photograph – anything that you think represents springtime – to admin@eck.leaptrust.co.uk.

Once you have done this, we will look through all the wonderful images and decide a winner. The winner will receive an Amazon gift voucher. The best photographs will be displayed on our website and on social media.

Produce a Lego Creation! Our second competition is to build a Lego creation. Take a look at the 30 Days of Lego Grid ([Just click here](#)) and choose one of the activities. Follow the instructions, use your imagination and have fun! Take a photograph and send it in to admin@eck.leaptrust.co.uk

Once you have done this, we will look through all the wonderful images and decide a winner. The winner will receive an Amazon gift voucher. The best Lego creation will be displayed on our website and on social media.

Random Quiz

St George's Day Caption Contest. What are they all thinking?

Send your entries to admin@eck.leaptrust.co.uk. The winner will receive an Amazon gift voucher. The most imaginative/funniest entries will be displayed on our website and on social media.



Another random quiz – just for fun!

Guess the movie.

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Please submit all competition entries by Tuesday 28th April.