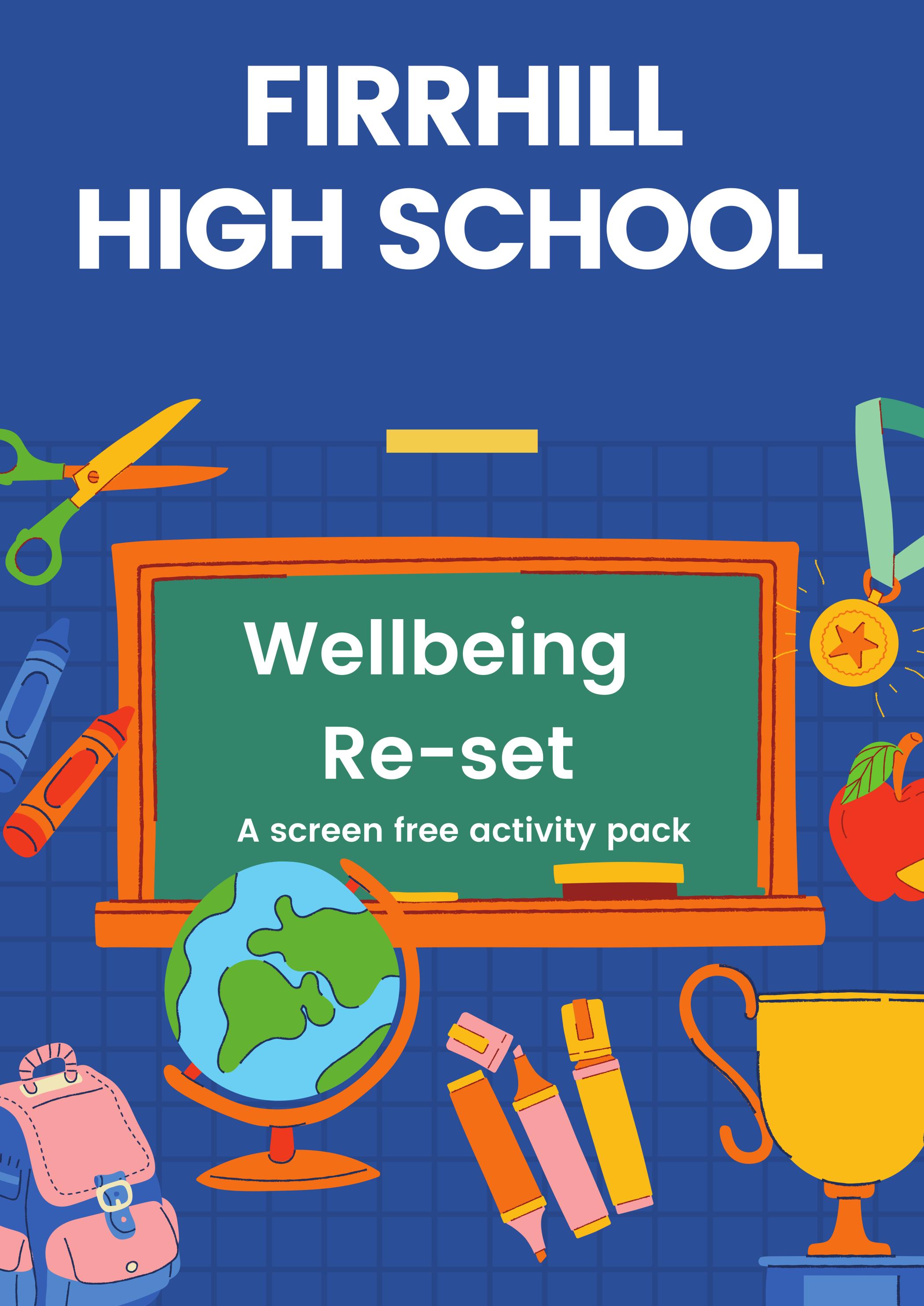


# FIRRHILL HIGH SCHOOL



## Wellbeing Re-set

A screen free activity pack

# How to use this pack



**We're excited to be launching our first Firrhill wellbeing activity pack for our staff, pupils and Firrhill families. Our first Screen Free afternoon will be on Thursday 26th Feb 2021! On this day we will turn off our screens at 1220pm, have some lunch, then get picking one or two activities from this pack to try out.**

Record what you do and take a photo! Keep up the activities that work for you and practice them daily to improve your Health and wellbeing!

# GET YOUR COOK ON



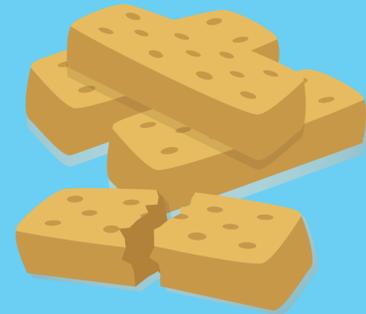
## 2 INGREDIENT PIZZA

Mix 500g Self raising flour and 250ml of water together.

Mix with your hands.

Roll out into a couple of pizza bases.

Decorate with anything you like to make your pizza tasty!



## MRS DUNN'S MELTING MOMENTS

100g butter

25g cornflour

25g icing sugar

75g plain flour

Glace cherries (optional) .

Melt the butter, cool slightly and add the dry ingredients. Roll into small balls and put on a greased tray. Press a piece of cherry onto the top. Bake at Gas 4/ 175 for 15-20 mins



## 3 INGREDIENT COOKIES

Mash 2 large ripe bananas in a mixing bowl with a fork until quite smooth. Mix in 150g oats until well coated in the banana, then fold through 100g milk chocolate chips.

Spoon small dollops of mixture onto a lined baking tray and bake at gas 5, 190°C, fan 170°C for 18 mins until just crisp and golden.



## EASY EGG FRIED RICE

Cook your rice according to its instructions. Add any veg you want (onion, mushroom, sweetcorn, broccoli, carrot etc) to a frying pan in some oil.

After a few minutes add your rice to the pan.

Add some soy sauce, sesame oil (if you have it), and add an egg and scramble it in the pan. Voila!

# MRS KERR'S SECRET SCONE RECIPE



**Preheat the oven 220c Gas mark 7. .**

**Mix together 350 SR flour, 1/4 teaspoon salt and 1 teaspoon of baking powder.**

**Add 85g butter and rub between your fingers so that the mixture looks like breadcrumbs.  
Add 3 tablespoons of sugar.**

**Put 175ml of milk into a plastic jug and heat in microwave for 30seconds. Add 1 teaspoon of vanilla extract and squeeze of lemon juice (optional)**

**Roll out and use a 5cm cutter to make 4 scones. Top each scone with beaten egg and bake in the oven for about ten minutes until gold on top.**

**Serve warm, just out of the oven with jam and cream if you like. Yum!**

**EASY TO MAKE!**



# WALK OUTSIDE.

- Arrange to meet a friend and go for a walk to catch up where you live
- Walking can really improve your day – even a short walk. Often the hardest part is just getting out the door.
- Try and get outside walking daily (even if it's around the block). Fresh air can make you feel a lot better.
- You could listen to a new podcast. There are some great ones out there, and you learn something new that can take your mind somewhere else for a bit.
- Or, try walking in silence to clear your mind and be in the moment. One mindful technique is to see how many different shades of green you can see on your walk.



**LOOK FOR THE POSITIVES**



**START A GRATITUDE JOURNAL -  
WRITE DOWN 3 THINGS A DAY YOU  
ARE GRATEFUL FOR.**

# MS GRAHAM, OUR CAREERS ADVISER'S YOGA SEQUENCES FOR STAFF AND PUPILS THAT MAKE A DIFFERENCE TO HOW WE FEEL:

Yoga by Adrienne can be found on youtube and has lots of different guided yoga videos.



Yoga for stress:

[https://www.youtube.com/watch?v=hJbRpHZr\\_d0](https://www.youtube.com/watch?v=hJbRpHZr_d0)

Yoga for uncertainty:

<https://www.youtube.com/watch?v=fLIFSWgK2y4>

Yoga for neck, shoulders and upper back:

<https://www.youtube.com/watch?v=X3-gKPNyrTA>

Yoga for breathing techniques:

<https://www.youtube.com/watch?v=Oy4wvF9Z24A>



# Paint

Do a drip painting.  
Do you have some old art supplies lying around? Dig out the paint, a paintbrush, and a piece of canvas or an old sheet to make a drip painting, the abstract style popularized by Wassily Kandinsky .



# Wellbeing activities

suggested by our school counsellor Mike  
Forrester



Have a cold shower and see how long you can stand it for.



Try breaking your routines- sit somewhere different at the table, brush your teeth using the opposite hand to normal, walk backwards down the stairs.

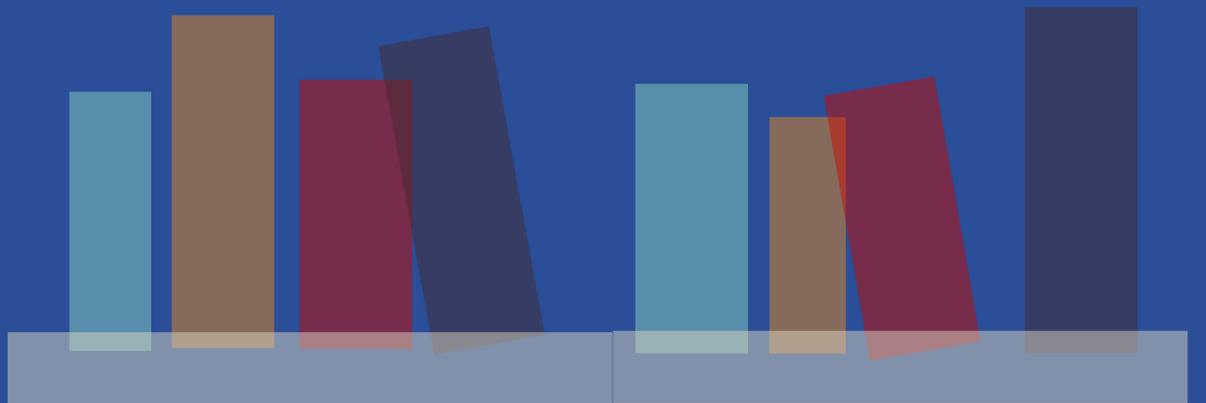


If there is such a thing as a physical photo album in the house, get Mum, Grandad etc to talk you through it and ask them questions as you go.

ALSO FROM MR FORRESTER...

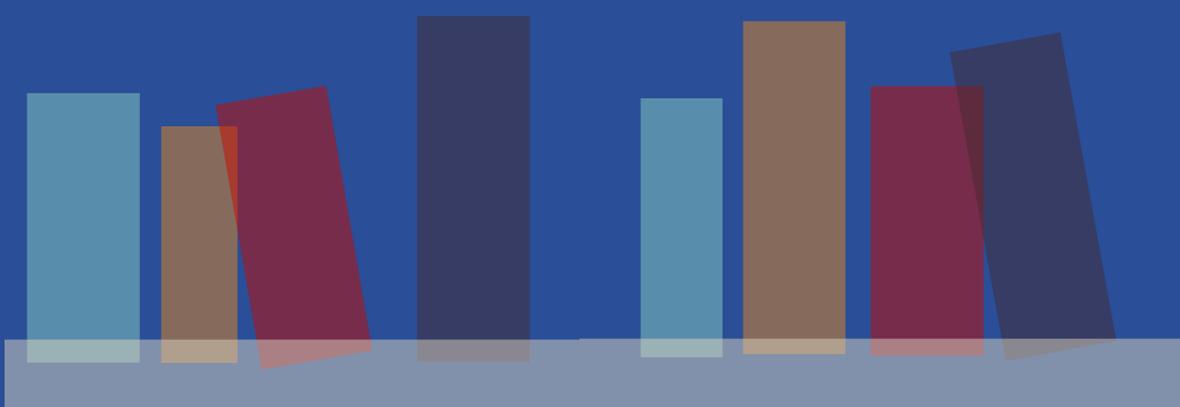
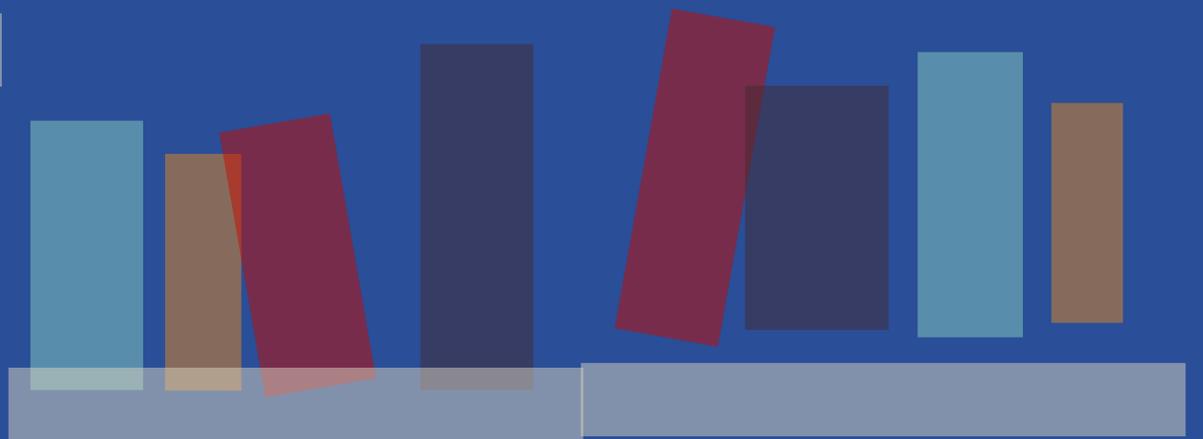
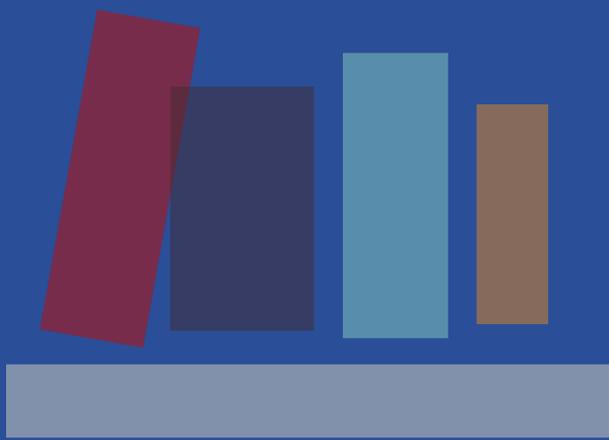
# Tidy your feelings not your room

- Take a quiet moment to draw a list of the things on your mind (e.g. school, family illness, annoying siblings etc).
- Then take one at a time and invite just the thoughts and feelings about that situation to "step forward" so that you can recognise them. Stay with the thoughts and feelings for a bit and take a note of any action you now want to take.
- Now put that situation aside and take another from your list and do the same thing. You don't of course need to go through everything in your list in one sitting.



# READ

Read a physical book away from a screen! Don't forget about physical books, the kind you hold in your hands.



# RANDOM ACTS OF KINDNESS

**Do a random act of kindness. Studies show that focusing on the good elements of your day can have a lasting effect on your mental health. Why not make it a practice to do one kind thing each day, no matter how small.**

**Some ideas:**

- Give someone a genuine smile
- Do one task around the house without being asked
- Make someone you live with a cup of tea or a snack when you get one
- Tidy your room or the bathroom
- Leave out a nice note for someone to find
- Choose to not talk back when a family member is annoying you (this is kind to yourself too)

**Do one a day!**



# Eat in silence.

Eat in Silence! Can you remember the last time you ate alone without watching TV or scrolling through your phone? We can't. Try being present in the moment and enjoy the food you are actually eating.

# EDINBURGH

# BY

# BIKE

WITH MR BROADFOOT

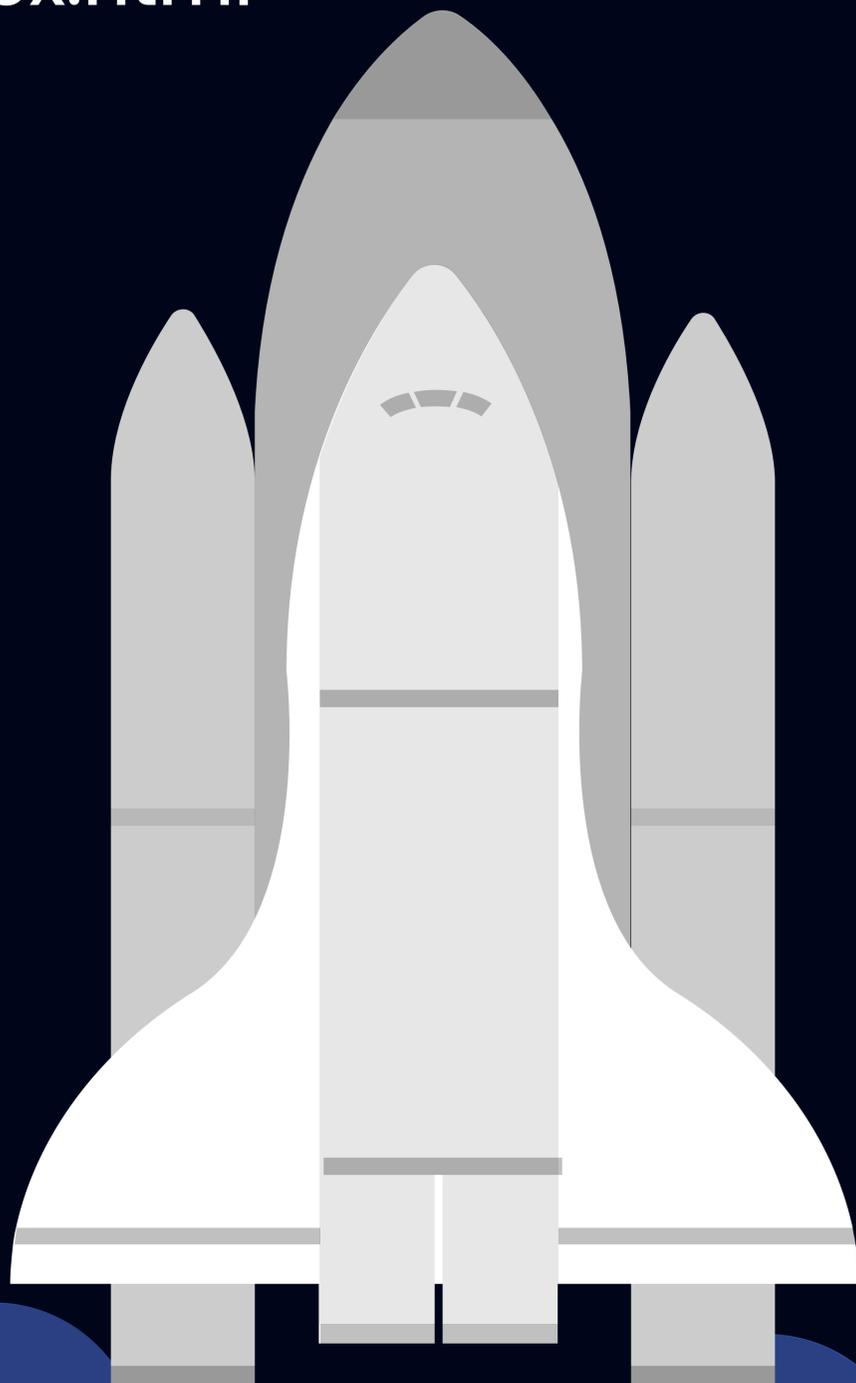
- Mr Broadfoot loves biking. He says "It is a great form of exercise for all levels of ability and a much cleaner way to travel!"
- If you have a bike you can discover more of Edinburgh's cycle network.
- A full set of Edinburgh cycle maps can be found here:  
<http://www.mobilemaplets.com/showplace/8758>
- Remember to check our bike to make sure it's in good working order, always wear a helmet and try to cycle on quiet roads and cycle paths.





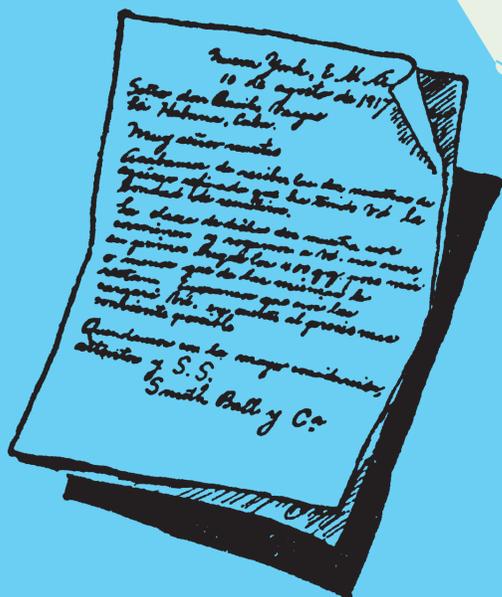
# Edinburgh Royal Observatory

- Want to explore space from the comfort of your own home? Then join the Royal Observatory, Edinburgh (ROE) as they take you on a narrated planetarium-style tour through space using Stellarium.
- This link takes you to their home learning website <https://www.roe.ac.uk/vc/home-learning/index.html>



# Write a letter

- Write a letter to a family member or friend that you haven't seen in a while. Thank them for something or just encourage them.
- Write a letter to your future self to find. How do you want to feel in one year? Tell your future self how you are feeling now, and then what you want to have done by this time next year, and how you want to feel. Hide it away and write the future opening date on the envelope.



# Photography

Do you have an interest in photography using cameras or just a phone? Try some creative photo challenges that will allow you to look at your lockdown views from a whole new perspective. No experience or special equipment is necessary.

## Challenges:

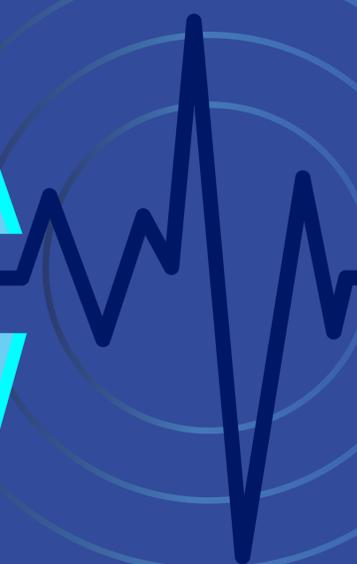
- **'Through a window'** Use your lockdown experience to inspire some photos that involve looking out (or in) through your windows.
- **Don't Move Challenge:** Sit down somewhere, preferably a balcony or on a bench in a park (while maintaining social distance) and don't move for 30 minutes. Try to find/capture as many different compositions as you can from this one, locked-down location. Or, alternatively, choose one, interesting subject and try photographing it from as many different angles/viewpoints as you can.
- **Single-word theme** – Choose a single word as inspiration for your photography project e.g. tree, summer, water, family. Now take a selection of photos that are inspired by your theme (aim for 6 to 10 final images that you are happy with). Try to introduce as much variety as you can but aim to have a set of images that hold together around the theme word you have chosen.



- We all know the power of music to lift our mood. Create yourself a new playlist full of songs and music that make you smile using Spotify, which is free.

- You could also ask friends their top mood-boosting songs and make a collaborative playlist.

# CREATE A NEW PLAYLIST



- Play it in the morning, on your daily walk or just dance along in your room! This can be a real mood and energy booster in the middle of your day.

# DID YOU KNOW....

...What are the top 3 songs currently on Mr Hollis' playlist? No, neither did we! Here they are.... 1. A design for life (manic street preachers) 2. Dear Prudence (the beatles) and 3. Tonight Tonight (the smashing pumpkins).

.... That as well as Coaching Football Mr Brodie likes to bake? Here is his homemade pancake recipe ....

## Step one

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter

## Step two

Heat an oiled medium frying pan and fry on 1 min each side. Eat with bananas and sugar



## WHAT MRS KERR'S WELLBEING ACTIVITIES ARE? SEE BELOW.....

- Walking outside in the fresh air
- Taking photos of Nature
- Yoga at home
- Craft projects
- Baking





# Practice self-compassion

**Self-compassion means being gentle, kind and understanding with yourself; accepting that you are not perfect; and understanding that there is potential for learning and growth in every mistake you make (Neff, 2003).**

# 5 ways to practice self compassion

Practice Forgiveness. Accept that you are not perfect and be gentle with yourself when you are confronted with your shortcomings. You are valued by your friends because of who you are, not because you are faultless.

Don't give up on yourself. Embrace challenges rather than avoid them, persist in finding meaning in them and don't give up on yourself.

Stay in the moment and be mindful be aware of what is happening right now, without judgment and labelling. Allow what you think or feel to have its moment; don't give it the microphone or hide it in the corner. Allow it to come, and then, without attachment, let it go

Express Gratitude. Feeling gratitude is very powerful (Emmons & McCullough, 2003). Rather than wishing for what we do not have, there is strength in appreciating what we do have right now. By focusing on good things in our lives we employ a gentler inner voice and move the focus away from our shortcomings and outward to the world around us (You can choose to write a gratitude journal).

Have fun being generous. See the difference you make and do not forget to give back to yourself. Doing good for others makes us happy, but only if it does not reduce our own levels of well-being.



# CREATE A

## NIGHT

## ROUTINE

In lockdown and with online school it can be really difficult to maintain a routine. However, having small habits to help you wind down can help reduce stress and allow you a better night's sleep.

Some ideas to incorporate every day

- go for a walk in the day to help tire yourself out physically
- try to part with screens before bed, and instead have a shower, wash your face and tidy your room a bit for tomorrow
- listen to a playlist of relaxing songs
- make a peppermint or camomile tea to take into your room and read a book

# SCREEN FREE!



**Go outside and  
watch a sunrise or  
sunset**



**Have dinner by  
candlelight**



**Play a board game  
or do a Jigsaw**



**Go 24hrs without  
television**

# Mr Hollis' healthy habits

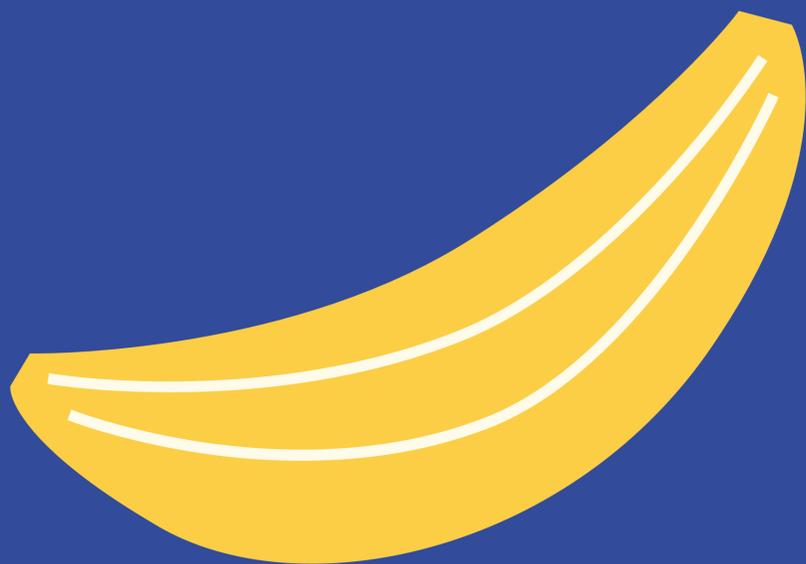
Mr Hollis's habits for boosting his wellbeing in lockdown include these activities that we could try:



Finding ONE job to do in the house (e.g. organise a sock drawer, clean a cupboard) a day to get a sense of accomplishment

Making a spotify list of favourite songs.

Reading an old favourite book from your childhood.





# Run with Mrs Dunn...

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Mrs Dunn has taken up running in lockdown 2.0. If you haven't tried now is the time to start. Couch to 5k is the best app out there to get you going and it's free. Here are Mrs Dunn's tips:

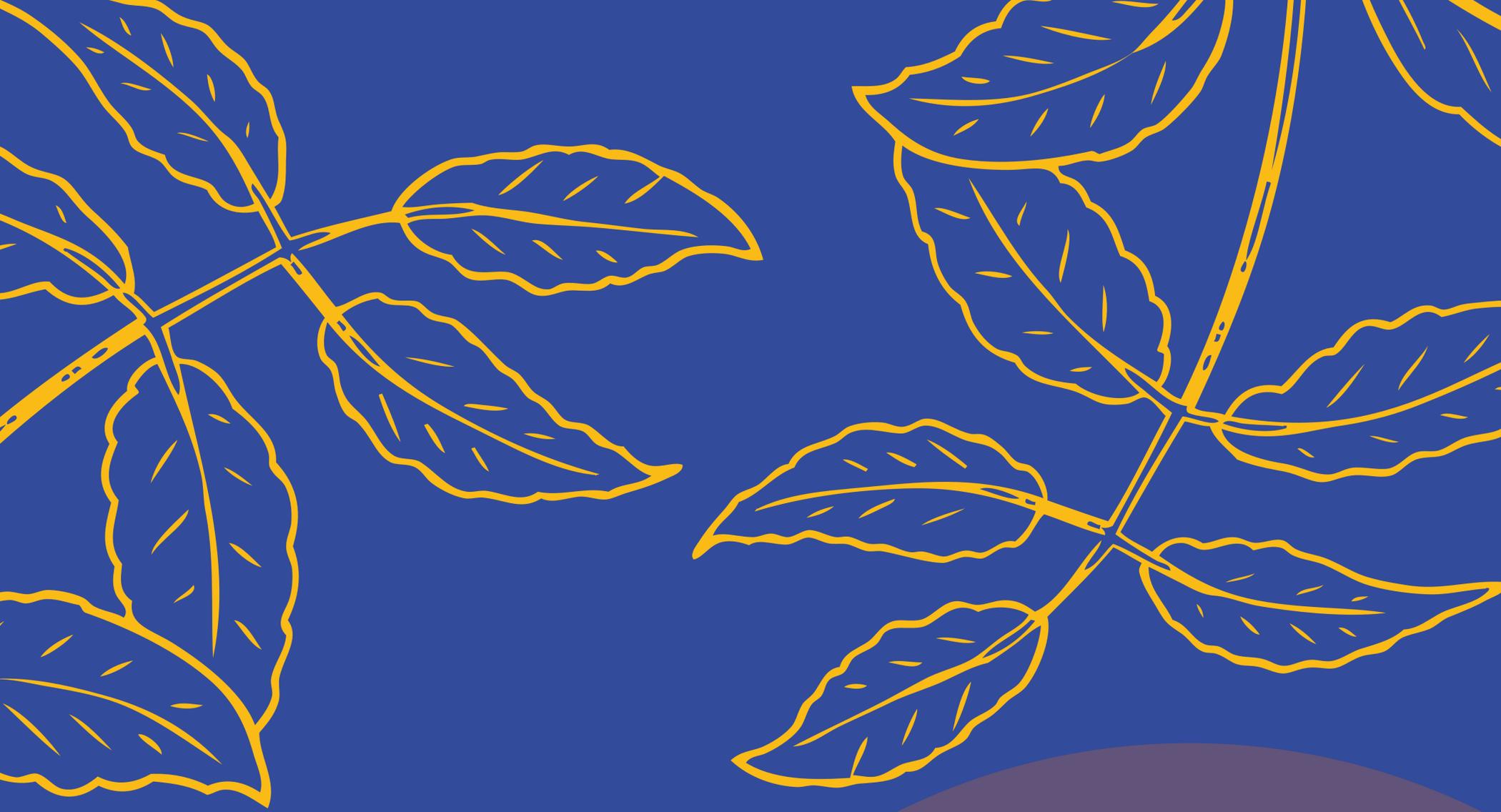
- *If I can run, anyone can*
  - *Run with someone else and you will motivate each other*
  - *Start slow - it is not a race*
  - *Build up distance very slowly and do a run/walk arrangement to begin with*
  - *Bring water!*
- 



**COUCH  
TO 5K**

# Start a scrapbook

- Have a look for an empty notepad at home, any photos you have, old craft supplies, tissue, memories like receipts and get creative!
- Make a scrapbook full of these things and memories over the years. Write a line or two about the memory – whether it was going to the cinema or hanging out with friends.
- This is a fun way to look back and remember fun things you've done and can look back on.



A geocache or 'cache' is a small waterproof treasure box hidden outdoors.

Geocachers seek out these hidden boxes guided by a GPS enabled device which uses coordinates.

You can download a free geocaching app for Android or iPhone and find routes in your local area. Here's the local geocaching site:

<https://www.geocaching.com/bookmarks/view.aspx?guid=b57ca654-89de-4a08-8c78-deaeb020fba8>

**GO  
GEOCASHING**

# AND LASTLY..



## DO OUR FIRRHILL HIIT!

OUR OWN PE DEPT HIIT WILL LAUNCH LIVE  
ON MONDAY FEB 22ND - FIND IT ON THE  
SCHOOL WEBSITE OR ON YOUR YEAR TEAM  
PAGE