

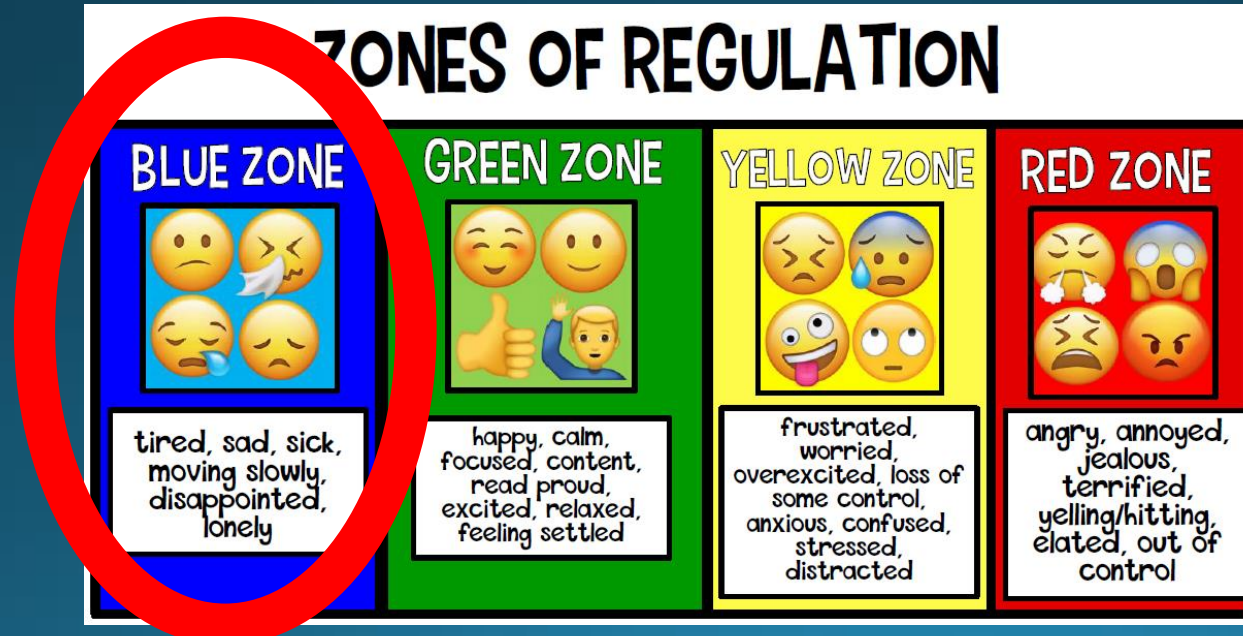
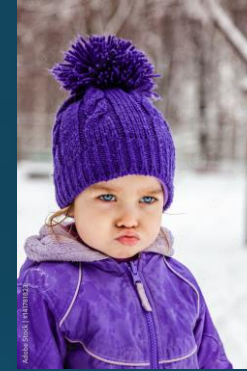
Wellbeing Wednesday Assembly



How do we feel during winter?



Have you ever felt like this during the winter months?

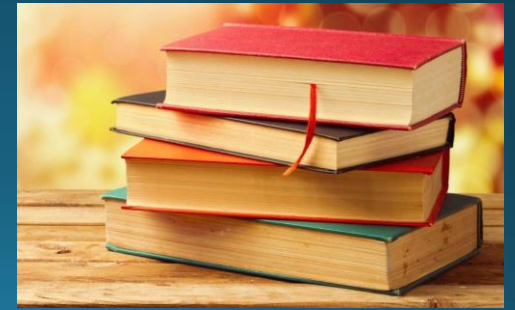


Why do we feel like this?

- In winter our body goes into 'energy saving mode'. Other animals hibernate during this time.
- Physiological changes in our body cause us to feel more emotional.
- Less sunlight plays tricks on our brain.

What can we do to reduce these feelings?

- Achieving a minimum of 8 hours sleep a night.
Reception sleep target is 12 hours (7pm – 7am)
Y1-Y6 sleep target is 10 hours (9pm- 7am)
- Make a conscious effort to eat healthy (or healthier than usual)
- Continue to take part in hobbies/ things you enjoy. HAVE BACKUP OPTIONS!
- Swap the TV and games consoles for Books and Board Games
- Take, daily, warm shower or warm bath





Enjoy your Wellbeing Wednesday!

https://www.youtube.com/watch?v=7E5_TpWgXf8