

# CAPTAIN CONFIDENCE'S WEEKLY 5 WAYS 5 DAYS TO WELLBEING

26 JUNE  
2020



START  
inspiring minds

## NEWSLETTER

Start Inspiring Minds [www.startinspiringminds.org.uk](http://www.startinspiringminds.org.uk)  
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## KEEPING US CONNECTED

Welcome to our Five ways Five Days to Wellbeing newsletter.  
Sharing daily inspiring activities to keep your mind and body healthy during lockdown.



privacy reminder from YouTube, a Google company

**NHS** InstructorLive

### INTRODUCTION TO PILATES

**What it does:** Pilates is an extremely effective way to get a full-body workout without risking injury. It also makes this programme suitable for people with conditions or past injuries.

**INTENSITY:** ★☆☆☆☆

Review our safety video. Link in the description below.

## MONDAY: BE ACTIVE...

### Have a go at Pilates

If you've never tried Pilates before or aren't that confident, these low- intensity 30 minute Pilates lessons could be just right for you. There are 6 simple Pilates sessions on the NHS YouTube channel for you to try and you can access them by following the link below:

<https://www.youtube.com/watch?v=44HquH6QyXc>

## TUESDAY: CONNECT...

The Lowry are asking Salford residents of any age to share their creative responses to the lockdown - these could be poems, stories, videos, photos or art works which reflect our experiences of the pandemic and isolation. These works will be shared online from 1st July until The Lowry re-opens and then they will be displayed in the gallery.

Submissions should be sent to: [dayslikethese@thelowry.com](mailto:dayslikethese@thelowry.com)  
More info is available here: [thelowry.com/dayslikethese](http://thelowry.com/dayslikethese)

Don't forget you can also find lots of inspiration and creative resources for youth and community groups their Creative Hub <https://thelowrycreativehub.com/> and LoveLowry Blog <https://thelowryblog.com/>





## WEDNESDAY: TAKE NOTICE...

### Choose a Colour

Pick a colour and use your phone or camera to photograph things of only that colour! They could be items in your home, in an outside space or further afield. Then arrange your pictures into a collage, either by printing out and cutting and pasting them on to paper or use an app on your phone, we like 'Layout' and 'Canva', in fact, the newsletter you are reading now was made entirely on Canva!

Send your photos to [jeni@startinspiringminds](mailto:jeni@startinspiringminds.org.uk)  
or  
Instagram #startphotochallenge



## THURSDAY: KEEP LEARNING...

### Grow veg from...veg!

Some of your unwanted vegetables can be replanted to produce new crops! White and sweet potatoes, fresh ginger and yams are all ideal, as they are tubers, parts of a stem or root below the surface which are much thicker than the rest and which can be harvested. Plant the potatoes, ginger and yams in pots and leave them in a warm place. Within a few weeks, shoots appear and the potted tubers can be planted outside from June. Ginger, in particular produces a very pretty plant, and is pictured to the left.



## FRIDAY: GIVE...

### Give yourself a Forest Bath!

Don't worry, we're not suggesting you get your kit off and soak in the tub al-fresco. Forest Bathing emerged in Japan in the 1980s as a physiological and psychological exercise called shinrin-yoku ("forest bathing" or "taking in the forest atmosphere"). The purpose was twofold: to offer an eco-antidote to tech-boom burnout and to inspire residents to reconnect with and protect the country's forests. Most of us feel better when we can get out in nature, especially amongst trees so make the most of the summer weather and find a tree-filled place. More info can be found here:

<https://www.wikihow.com/Do-a-Forest-Bath>

# ideas and inspiration welcome!

We would like you to get involved!

If you have any self care tips or creative ideas to share that may help others during this time please email [sarah@startinspiringminds.org.uk](mailto:sarah@startinspiringminds.org.uk) and we will add them to future newsletters, and be sure to visit our YouTube channel and Instagram page for more ideas.



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