

# START WEEKLY 5 WAYS 5 DAYS TO WELLBEING

19 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 the 12th edition of Start's Five ways to Wellbeing newsletter.  
Sharing daily inspiring activities to keep your mind and body healthy during lockdown.



## MONDAY: BE ACTIVE...

### Make a Seed Bomb

All you need is a packet of wildflower seeds and something to dig with. This is a great activity to do with kids and will help bees: Dig down for some clay soil and grab a handful of your wildflower seeds. Roll and squidge them together into a ball and either throw them into your garden or you could look for somewhere when you go for a walk. Bombs away!



## TUESDAY: CONNECT...

### Connect with Manchester Museum

The Manchester Museum has got parents, carers and teachers covered! If you're home-schooling, want fun activities for the family or are just missing visiting museums, check out and download their wonderful resources. They will also be adding more in the coming weeks.

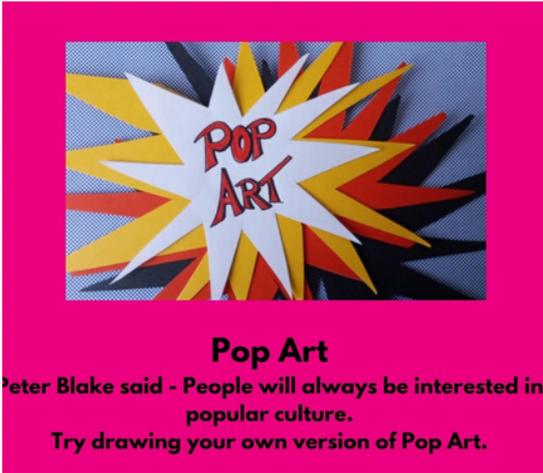
<https://www.mminquarantine.com/resource-for-home-educators-and-fam>



## WEDNESDAY: TAKE NOTICE...

### Take a Chance on Change

We've been in lockdown for several months now and whilst in the beginning you might have found it useful to develop healthy routines and habits, chances are you're getting a bit bored of the monotony now and are craving some spontaneity! Restrictions are now being slightly lifted which gives us a few more opportunities to make small changes. This could be anything from taking a different route whilst walking to the shops, to trying a new recipe or food or moving your furniture around at home! Or why not try visiting a new park to meet family or friends. Notice how making a small change makes you feel. They say a change is as good as a rest, and for our wellbeing that can often be true!



## THURSDAY: KEEP LEARNING...

### Try Pop Art

Pop Art uses images of popular culture from advertising, mundane cultural objects and comic books. Create a collage with coloured paper or use felt tips to make a bright drawing. Pop Art uses bold, flat primary colours so coloured pens and black outlines work well with this style. Once you are happy with your pop art, why not send a photo to us or share on Start's Instagram page:

#startsketchtoconnect

@startinsalfordart

or email Elaine@startinspiringminds.org.uk

## FRIDAY: GIVE...

### Give some self-care

Many of us are feeling pressured to be super-productive whilst at home and it may seem as if everyone else is redecorating the house whilst learning another language, getting fit and home schooling the kids. Try to avoid comparing yourself with others and instead reward yourself for looking after no.1! Create a tick list of simple things you can mark off that you've done for your own self care.

These could be: 'had a shower,' 'cooked a meal,' 'did some exercise,' 'called a family member,' 'learned something,' 'had a bath', or even 'wore real clothes, not pyjamas!' It all counts!



# 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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