

CBS Physical & Mental Well-Being

Home Challenges Week 2

Mon 18th – 25th January 2021

KEEPING PUPILS & STAFF FIT AND HEALTHY AT HOME!

PHYSICAL HEALTH AND WELL-BEING

Home HIIT Workout - <https://www.youtube.com/watch?v=Hr-p7TikhPI>

'5K in 7' – Try and cover at least 5k of distance this week, whether running or walking. Get into the fresh air and enjoy some outside time!

<https://www.youtube.com/watch?v=gsUL3a1CxUQ>



EMOTIONAL HEALTH AND WELL-BEING

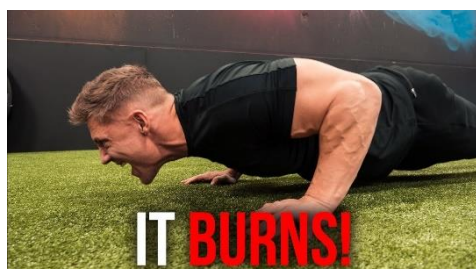
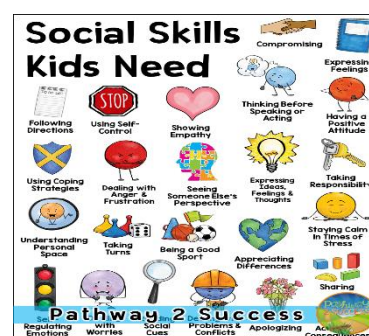
MINDSET - If You Want to Change the World, Start Off by Making Your Bed - William McRaven

<https://www.youtube.com/watch?v=3sK3wJAxGfs>

SOCIAL HEALTH AND WELL-BEING

This week why not make a call to a loved-one or friend you have not seen in a while and have a chat. Its good to talk!!

<https://www.youtube.com/watch?v=FUbl2XhIK-M>



DAILY PHYSICAL CHALLENGE

Why not make it a daily challenge to give this tough exercise a go?! Record your time daily and strive for better the next day.

Bring Sally-Up Push Up Challenge.

<https://www.youtube.com/watch?v=4IN6bKO-NVI>

