



# Nurture Newsletter



Week 2

Hello!

I hope you are well and enjoying the sunshine.

During lockdown, in the Neale household, we have found that having routine in our day has really helped us, I get up and practise my yoga and by 9:00 I am ready to start my school day, so I sit at my computer and do my work, lunch is at 12:00 (the same as at school). In the afternoon I continue with my school work and around 4:00 I go for a walk with one, or both, of the girls and then prepare our tea. Alice, who loves exercise, has a daily Zoom class with her gym in Liverpool and I love listening in on their chats and laughter... it sounds really hard! Exercising is not my favourite activity, but I realise how important it is especially as I am no longer walking to school and going backwards and forwards to the Den all day. Exercise is not only good to keep you physically healthy, but also mentally healthy, therefore, in this newsletter I am going to give tips on exercise.

As always if you would like to contact me I would love to hear from you.

Take care.

Love Mrs Neale



Grownups: You may find some useful info on sites below:

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>

## Exercise.

This week I have been looking into the benefits of regular exercise (Mr Sanders would be proud of me). I have listed some of my finding below:

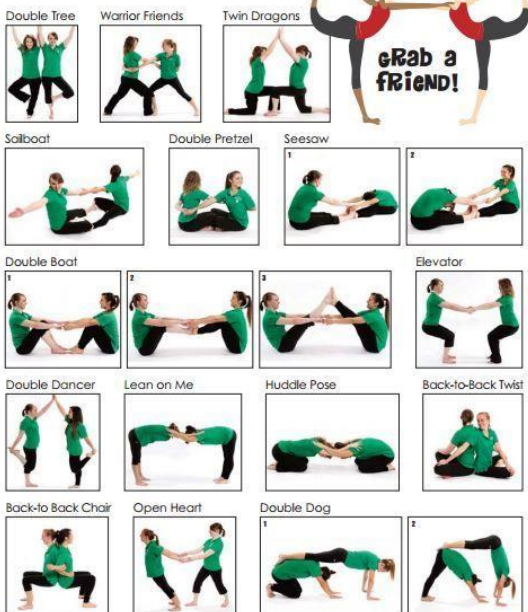
- Helps strengthen bones and muscles.
- Increases self-confidence
- Helps keep your state of mind healthy.
- You will have better outlook on life.
- Trying out new sports and activities is fun.
- Helps create a positive attitude.

Sometimes it's difficult to motivate yourself to get up and exercise, but there are so many reasons why you will feel better if you do.

Give it a go...you may even find it's something you really enjoy!

## Yoga.

### Healthy Living: **YOGA FOR KIDS** Poses for Partners



<b>WHY SHOULD I EXERCISE?</b>	
<b>MY STAMINA IS INCREASED</b> 	<b>I SLEEP BETTER</b> 
 <b>It makes me feel Fit and Healthy</b>	
<b>IT SHARPENS MY THINKING</b> 	<b>MY BODY GETS LEANER</b> 
 <b>IT GIVES ME MORE ENERGY</b>	
 <b>MY MUSCLES AND BONES GET STRONGER</b>	
<b>IT HELPS ME TO RELAX</b> 	<b>IT RELIEVES STRESS IN MY LIFE</b>
<b>MY HEART BECOMES MORE EFFICIENT</b>	



Yoga is brilliant for practising at home. It will help you relax and control your emotions. It also helps muscle strength, balance and coordination. Have a go at a Cosmic Kids Yoga session on You Tube.

**Challenge:** See if you can find someone at home who will try some partner yoga with you. Mrs Oliver and I had a go at some of these positions in Barcelona...it's not as easy as it looks!

Have a go at the second photo challenge.

# ELSA Support's 14-day photo challenge

 <b>1</b> Rainbow challenge – something red	<b>2</b> Something that inspires you	<b>3</b> Favourite movie	<b>4</b> Something with patterns	 <b>5</b> Rainbow challenge – something blue
<b>6</b> Something from an unusual angle	<b>7</b> Rainbow challenge – something orange	<b>8</b> Dress up! A photo of you dressed up – either smartly or fancy dress	<b>9</b> Something that sparkles	<b>10</b> Favourite quote – write it and photograph it
<b>11</b> Shadows – take a photo of a shadow	<b>12</b> Rainbow challenge – something yellow	<b>13</b> How you feel today – show your expression or draw it and photograph it	<b>14</b> Something you are grateful for	 <b>ELSA support</b> www.elsa-support.co.uk

