

Use this timetable if you are social distancing. It supports the ‘5 ways to wellbeing’ by using activities that look after your mental wellbeing at what might be an anxious or lonely time. We will be staying active, learning new things, connecting with nature, ourselves and others, giving our time to others and taking notice of how we are feeling.

### Monday:

1. ‘Beat the coach’ weekly challenge
2. Daily Doodle
3. ‘Flexibility’ with Coach Lewis

### 5 ways to wellbeing:

Be Active  
Keep Learning  
Be Active, Connect

### What do you need?

Access to our Facebook Page: Active and Inclusive Swindon  
Pens, paper, arts and crafts (Send us your pictures via email / Facebook)  
Access to our Facebook Page **OR** guidance below

### Tuesday:

1. Seated exercise with Sam
2. Daily Doodle
3. Weekly Makaton challenge

Be Active  
Keep Learning  
Keep Learning, Connect

A chair, access to our Facebook Page for video  
Pens, paper, arts and crafts (Send us your pictures via email / Facebook)  
Access to our Facebook Page **OR** guidance in useful links below

### Wednesday:

1. ‘Balance’ with Coach Lewis
2. Daily Doodle
3. Meditate

Be Active, Take Notice  
Keep Learning  
Take Notice, Connect

Relaxing space, access to our Facebook Page for video **OR** guidance below  
Pens, paper, arts and crafts (Send us your pictures via email / Facebook)  
Headspace app **OR** other suggestion in useful links below

### Thursday:

1. At home ‘mindfulness’
2. Daily Doodle
3. ‘Strength’ with Coach Lewis

Be Active, Take Notice, Connect  
  
Keep Learning  
Be Active, Connect

Relaxing space (Garden or balcony), notice 5 things you can **see**,  
4 things you can **hear**, 3 things you can **feel** (E.G. Feet on the  
ground), 2 things you can **smell**, and 1 thing you can **taste**

Pens, paper, arts and crafts (Send us your pictures via email / Facebook)  
Access to our Facebook Page for video **OR** guidance below



**Friday:**

- |                                     |               |   |
|-------------------------------------|---------------|---|
| 1. Boxing fitness at home           | Be Active     | Clothes to exercise in, access to our Facebook Page for video             |
| 2. Call / text / video call someone | Give, Connect | Phone, time to call or text a friend or relative                          |
| 3. Daily Doodle                     | Keep Learning | Pens, paper, arts and crafts (Send us your pictures via email / Facebook) |

**Saturday:**

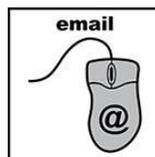
- |  |                        |   |
|--|------------------------|---|
| 1. Listen to a podcast / favourite music | Keep Learning, Connect | Spotify, Apple Music, BBC Sounds, Youtube, Radio                          |
| 2. Cook a new healthy meal               | Keep Learning          | Recipe book/website, ingredients  |
| 3. Daily Doodle                          | Keep Learning          | Pens, paper, arts and crafts (Send us your pictures via email / Facebook) |

**Sunday:**

- |  |                 |   |
|--|-----------------|---|
| 1. Clean a room (Or more) in your home | Be Active, Give | Cleaning products, Hoover, duster   |
| 2. Gratitude list                      | Take Notice     | Write down 5 things that you are grateful for that week                   |
| 3. Daily Doodle                        | Keep Learning   | Pens, paper, arts and crafts (Send us your pictures via email / Facebook) |

**If you have any questions, here is how you can contact us:**

Email: lbird@swindon.gov.uk (Lewis Bird)



Tel: 07976 909660



Check us out on Facebook: Active & Inclusive Swindon



Or our website:  
www.activeandinclusiveswindon.co.uk



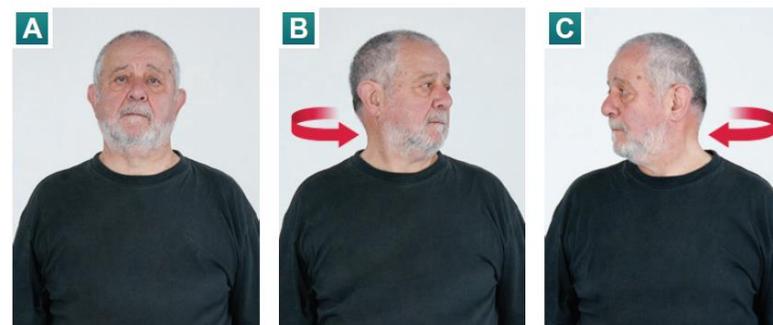
It is vital that you follow NHS guidance to keep yourself safe during the Coronavirus outbreak. Follow <https://www.nhs.uk/conditions/coronavirus-covid-19/> for more information if you are unsure.

## Flexibility

### Neck rotation

**This stretch is good for improving neck mobility and flexibility.**

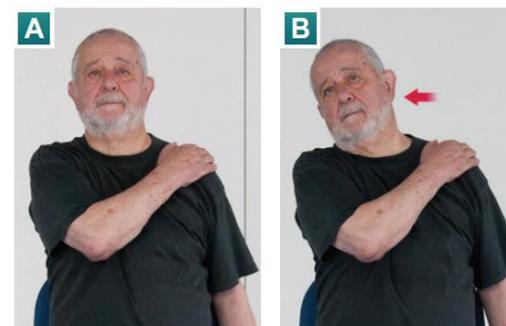
- A.** Sit upright with shoulders down. Look straight ahead.
  - B.** Slowly turn your head towards your left shoulder as far as is comfortable. Hold for five seconds and return to starting position.
  - C.** Repeat going right.
- Do three rotations on each side.



### Neck stretch

**This stretch is good for loosening tight neck muscles.**

- A.** Sitting upright, look straight ahead and hold your left shoulder down with your right hand.
- B.** Slowly tilt your head to the right while holding your shoulder down. Repeat on the opposite side. Hold each stretch for five seconds and repeat three times on each side.



### Sideways bend

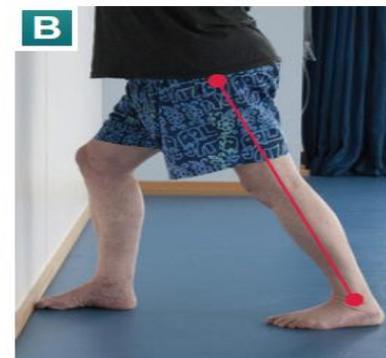
- A.** Stand upright with your feet hip-width apart and arms by your sides.
- B.** Slide your left arm down your side as far as is comfortable. As you lower your arm, you should feel a stretch on the opposite hip. Repeat with your right arm down your right side. Hold each stretch for two seconds and perform three on each side.



## Calf stretch

**A.** Place your hands against a wall for stability. Bend the right leg and step the left leg back at least a foot's distance, keeping it straight. Both feet should be flat on the floor.

**B.** The left calf muscle is stretched by keeping the left leg as straight as possible and the left heel on the floor.



## Balance

### Sideways walking

**A.** Stand with your feet together, knees slightly bent.

**B.** Step sideways in a slow and controlled manner, moving one foot to the side first.

**C.** Move the other to join it.

Avoid dropping your hips as you step. Perform 10 steps each way or step from one side of the room to the other.



## Simple grapevine

**This involves walking sideways by crossing one foot over the other.**

**A.** Start by crossing your right foot over your left.

**B.** Bring your left foot to join it.

Attempt five cross steps on each side.

If necessary, put your fingers against a wall for stability.

The smaller the step, the more you work on your balance.



## Heel to toe walk

**A.** Standing upright, place your right heel on the floor directly in front of your left toe.

**B.** Then do the same with your left heel. Make sure you keep looking forwards at all times.

If necessary, put your fingers against a wall for stability.

Try to perform at least five steps. As you progress, move away from the wall.



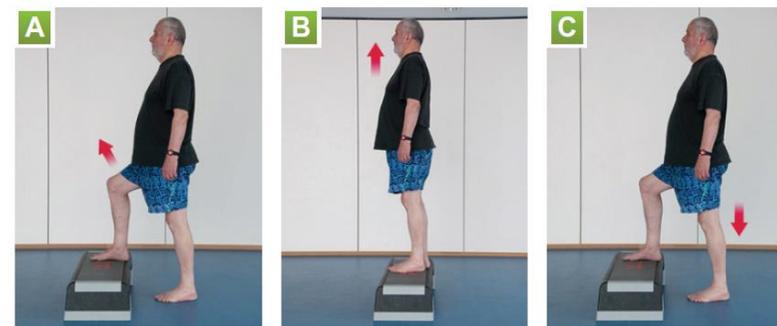
## Step up

Use a step, preferably with a railing or near a wall to use as support.

- A. Step up with your right leg.
- B. Bring your left leg up to join it.
- C. Step down again and return to the start position.

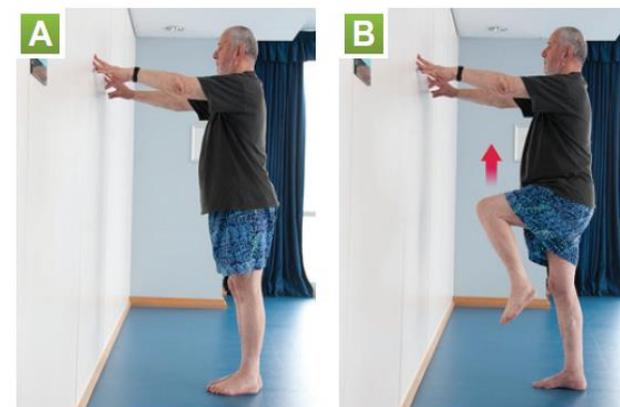
The key for building balance is to step up and down slowly and in a controlled manner.

Perform up to five steps with each leg.



## One leg stand

- A. Start by standing facing the wall, with arms outstretched and your fingertips touching the wall.
  - B. Lift your left leg, keep your hips level and keep a slight bend in the opposite leg. Gently place your foot back on the floor.
- Hold the lift for five to 10 seconds and perform three on each side

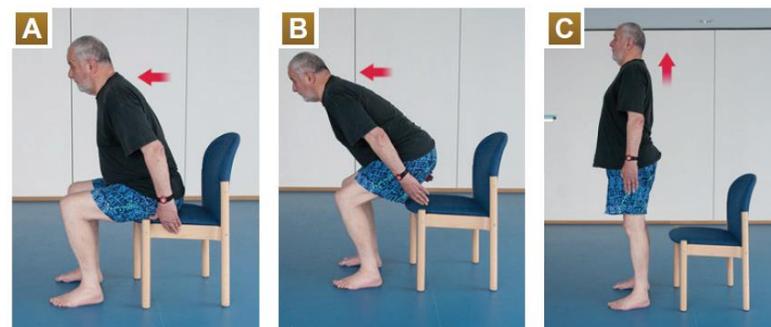


## Strength

### Sit to stand

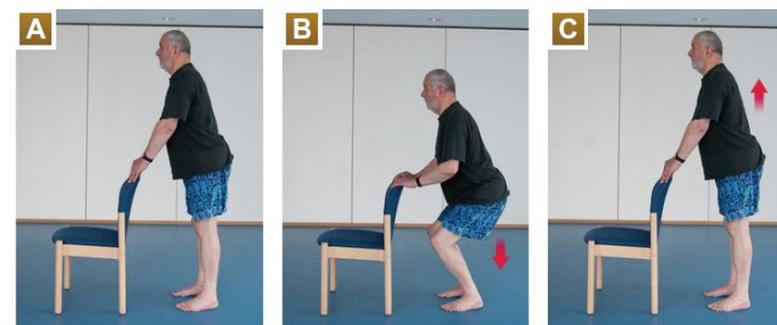
**This is good for leg strength.**

- A.** Sit on the edge of the chair, feet hip-width apart. Lean slightly forwards.
  - B.** Stand up slowly, using your legs, not arms. Keep looking forwards, not down.
  - C.** Stand upright before slowly sitting down, bottom-first.
- Aim for five repetitions - the slower the better.



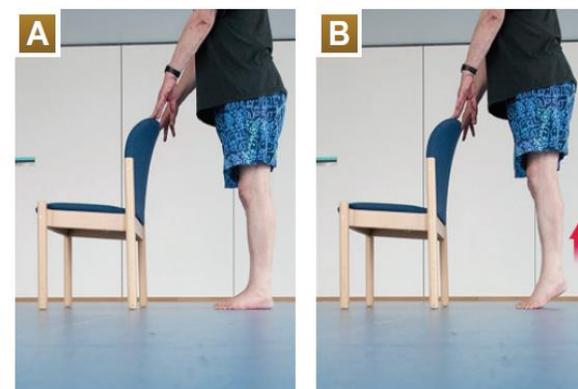
### Mini squats

- A.** Rest your hands on the back of the chair for stability and stand with your feet hip-width apart.
  - B.** Slowly bend your knees as far as is comfortable, keeping them facing forwards. Aim to get them over your big toe. Keep your back straight at all times.
  - C.** Gently come up to standing, squeezing your buttocks as you do.
- Repeat five times.



### Calf raises

- A.** Rest your hands on the back of a chair for stability.
  - B.** Lift both heels off the floor as far as is comfortable. The movement should be slow and controlled.
- Repeat five times. For more difficulty, perform this exercise without support.

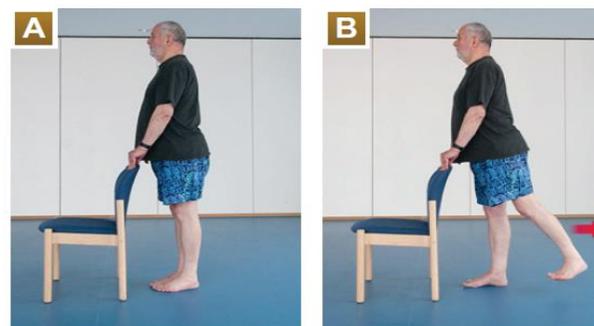


## Leg extension

**A.** Rest your hands on the back of a chair for stability.

**B.** Standing upright, raise your left leg backwards, keeping it straight. Avoid arching your back as you take your leg back. You should feel the effort in the back of your thigh and bottom. Repeat with the other leg.

Hold the lift for up to five seconds and repeat five times with each leg.



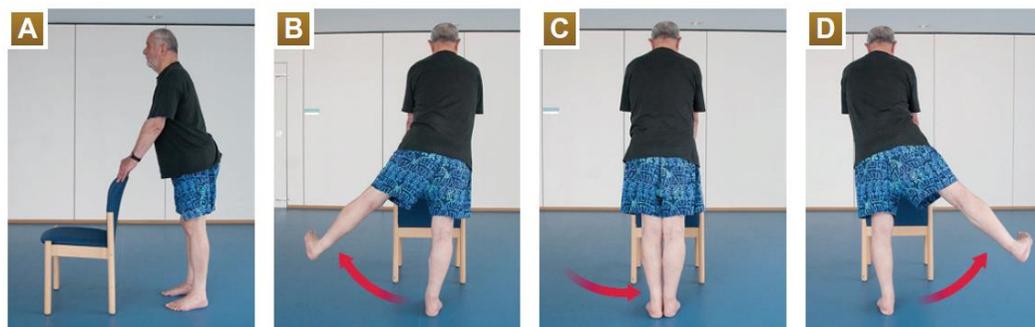
## Sideways leg lift

**A.** Rest your hands on the back of a chair for stability.

**B.** Raise your left leg to the side as far as is comfortable, keeping your back and hips straight. Avoid tilting to the right.

**C.** Return to the starting position.

**D.** Now raise your right leg to the side as far as possible. Raise and lower each leg five times.



## Wall press up

**A.** Stand at arm's length from the wall. Place your hands flat against the wall, at chest level, with fingers pointing upwards.

**B.** With back straight, slowly bend your arms, keeping elbows by your side. Aim to close the gap between you and the wall as much as you can.

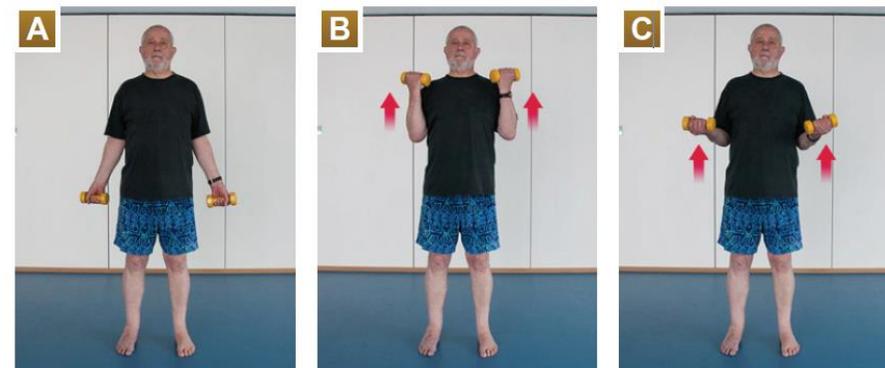
**C.** Slowly return to the start.

Attempt three sets of 5–10 repetitions.



## Bicep curls

- A.** Hold a pair of light weights (filled water bottles will do) and stand with your feet hip-width apart.
  - B.** Keeping your arms by your side, slowly bend them until the weight in your hand reaches your shoulder.
  - C.** Lower again slowly.
- This can also be carried out while sitting. Attempt three sets of five curls with each arm.



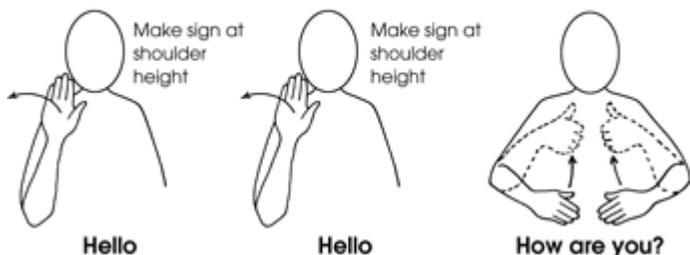
Useful Links:

Blank colouring in pages: <https://www.crayola.com/featured/free-coloring-pages/>

- Includes links to children’s colouring, adult colouring, seasons, animals, places, characters and many more!

**Makaton Challenge:** This week we will be learning to say, ‘Hello, how are you?’

Hello Song



**Meditation links:** There are lots of good meditation apps for helping you to relax and unwind, here are a few:

- Headspace: <https://www.headspace.com/> (You can try Headspace for free)
- Feeling Good: Positive Mindset <https://www.nhs.uk/apps-library/feeling-good-positive-mindset/>
- Stress and Anxiety Companion: <https://www.nhs.uk/apps-library/stress-anxiety-companion/>

**Music and podcast links:** Here are some different ways of streaming music, podcasts and radio shows

- Spotify
- Apple Music
- BBC Sounds
- Radio
- Youtube

**Healthy eating and recipes:** Change 4 Life has some fantastic meal resources:

- <https://www.nhs.uk/change4life/recipes>
- They also have an app: [https://play.google.com/store/apps/details?id=uk.nhs.befoodsmart&hl=en\\_GB](https://play.google.com/store/apps/details?id=uk.nhs.befoodsmart&hl=en_GB)

