



Manor Academy  
Aspire Achieve Excel

# Well Being Matters

Issue 9 – 15 June 2020

Good morning and welcome to issue 9 of our well being newsletter.

This last week or two, things may be starting to change a little bit for some of you. There may be some of you who are now attending school part time, some of you may have siblings in primary school who are now back or going back to school, whilst the rest of you are still working from home. Whichever one of these that applies to you, remember to be aware of your mental health and to talk to people if you have any concerns.

Stay Safe! Mrs Meredith:-)

## Qigong

**We all know physical activity is important, especially at this time, but it doesn't always have to be vigorous. Qigong is a form of gentle exercise /movement and has been known to have a number of physical and mental benefits, such as reduced stress, improved concentration as well as improving your immune system.**

[Have a go at this basic Qigong session here,](#)  
or google it to find lots of videos to try :-)

## Your worries:

Remember you can contact us on this email if you need any support with your well being: [wellbeing@themanor.notts.sch.uk](mailto:wellbeing@themanor.notts.sch.uk)

## Tick-Tock Boom

Anger is a natural emotion. Everyone gets angry but we need to know how to control explosions of anger as aggressive behaviour is not ok, especially during the added stresses we're all under.

The next time you feel like you might explode with anger, try one of the following techniques to control your temper, or add some more ideas of your own to the list.

Once you've tried it, give the strategy a score out of 10 to show how helpful it was:

- Bounce really hard on a trampoline
- Snap a pencil
- Sing to some really loud music
- Pummel a cushion
- Do 50 star jumps
- Do a crazy dance
- Scream really loud in a small space like an airing cupboard
- Scribble really hard in a notebook
- Run up and down on the spot, or up and down the stairs for 3 minutes
- Own idea ...