



THE BRITISH INTERNATIONAL SCHOOL
ABU DHABI
A NORD ANGLIA EDUCATION SCHOOL

Ways to *Wellbeing*





Ways to Wellbeing

During these challenging times, we are exploring ways to enhance the wellbeing of our students, both in school and virtually. At BIS Abu Dhabi, we are continually seeking to find new ways to help place wellbeing at the heart of everything we do.

With this in mind, we have created a series of Remote Learning Resources to help support our students' wellbeing, which will be published each half term. These activities draw on new and existing resources to give your children a wide variety of options beyond the school day, such as:

- Global Campus Activities,
- House and Service activities,
- Solo Brain Breaks,
- Creative Craft,
- Physical Activities,
- Mindfulness Colouring,
- Student-friendly Podcasts.

The PDFs of activities can be printed or used on a device, with clickable links and QR codes to make accessing online content easy.

For Global Campus activities, students can log in using their school email. If you need any support in accessing Global Campus, please contact your child's class teacher or from tutor.



Upcoming Key dates

Kindness Day

Monday 9th November (Wear yellow).

House Day

Wednesday 18th November
(Wear house colours).

National Day Celebrations

Thursday 26th November
(Wear UAE colours or UAE National dress).

Online Wellbeing Webinar

Sunday 29th November (More information to follow).



Ways to Wellbeing

Physical

BIS Abu Dhabi Triathlon

The event will be held throughout November. The community event will take place virtually. To see the promotional video, please click [here](#) and to record your triathlon information, click [here](#).

Yoga

On the Global Campus there are a series of yoga sessions that cover a range of themes from breathing and relaxation to power yoga and balance postures. Click [here](#) to take part in the sessions on the Global Campus.

House

National Day Healthy Cooking Competition

Cook a healthy dish from another culture or a traditional UAE dish.

Send in videos of your recipes to our school Facebook or Instagram page. House points will be awarded for creativity and effort.



House Pride

Create a video or write a piece titled 'What does it mean to be in my House?' Send your submission to Mr Burns in primary or Mr Mohamud in secondary.

Service

Kindness day

Carry out an act of kindness towards a member of your family or friend. Remember to take a photo and put it in your BISAD Diploma. Email your image to Bisbekind@bisad.ae.

Remembrance Day



Remembrance Day is taking place on 11th November. To mark this occasion, create a presentation to recognise any past conflicts from your home culture and remember those lost. Add it to your BISAD Diploma folder.



Secondary Activities

School Counsellors

Need to talk?

Scan the QR code, fill in your details and one of the school counsellors will get in touch ☺

You are not alone.



Name 3 good things that happened this half term:

- 1) _____
- 2) _____
- 3) _____

Sleep Tracker

How many hours of sleep did you get?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Sun Mon Tue Wed Thu Fri Sat



Try it!

Complete an online Resilience quiz: **'How Resilient Are You?'**

Reflect: How accurate do you think the results of this quiz are?

What aspects do you agree/disagree with?

Write about someone you think is a good coach or mentor who helped you to master a skill. Explaining who the coach is, what the skill was and what the coach did or said that made them a good coach. Email this to them.



Watch it!



'How savouring can boost your mental health during coronavirus'

Rube Goldberg Machine

Create your own Amazing machine. Top tips to get you started:



Advanced:
The Quarantine Machine



Secondary Activities

Global Campus Activities

Global Campus is our online platform where Nord Anglia Education students connect, learn and interact with one another through collaborative projects.



The UN Convention on the Rights of the Child Article of the week



Masterchef of the future

A little bit of Genius Podcast
Nord Anglia students ask experts some “big questions”.



Try it!

Mindfulness Colouring
Relax with some mindfulness colouring



Get Crafty!

Use thread, wool or string to make a friendship bracelet to send to someone



Mindfulness moment
5 Minute Meditation



Quotable Quote

Creativity is contagious... pass it on
- Albert Einstein

Ability is what you are capable of doing, motivation determines what to do and attitude determines how to do it

- Lou Holtz

Origami Challenge

Create some incredible designs with paper! Challenge yourself below:

Level 1



Level 2 (tricky!)



Primary Activities

School Counsellors



Name 3 good things that happened this half term:

- 1) _____
- 2) _____
- 3) _____

Sleep Tracker

How many hours of sleep did you get?

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sun	Mon	Tue	Wed	Thu	Fri	Sat



Try it!

Paper Plane challenge

Ask your parents or guardians if you can watch the following clip: 'Paper Planes Official Trailer #1 Design Challenge'. Design and make your own, original paper plane that can fly at least 5m.



Rube Goldberg Machine

Create your own amazing machine. Here are some other examples: Some great tips to get started – Click [here](#)
The Quarantine Machine – Click [here](#)

Watch it!

Manage my feelings
Explore feelings of happy, sad, angry and worried, and find out ways to manage these.



Exploring Risk

Explore risks you come across in everyday life as well as risks in story books. Find out what you can do to manage those risks and stay safe!





Primary Activities

Global Campus Activities

Global Campus is our online platform where Nord Anglia Education students connect, learn and interact with one another through collaborative projects.



Comic Book competition



Lego Challenge



MIT Challenge

Try it!

Mindfulness Colouring
Relax with some mindfulness colouring



Get Crafty!

Use recycled paper, or old magazines or newspapers, to create some snowflakes to decorate your room



Mindfulness moment
5 Minute Meditation



Quotable Quote

We've all got light and dark inside us. What matters most is the part we choose to act on. That's who we really are.

– J.K. Rowling,
Harry Potter and the Philosopher's Stone

Origami Challenge

Create some incredible designs with paper! Challenge yourself below:

Level 1



Level 2 (tricky!)



Family Tik Tok

Create your very own Family Tik Tok dance.



Boardgame Bonanza

Have you got a board game at home that you haven't played in ages? Get it out of the cupboard, dust it off and find some family members to play with.

Perhaps you have your own idea for a board game.... Why not get creating?



Charades

Before you begin, write on pieces of paper the names of movies, books, TV shows or phrases. Fold up the paper so that the words can not be seen. Each person picks a piece of paper and then acts out what is written on it.

Building from Bits

With your family, recreate a world-famous landmark with "stuff" from your house. How tall / wide can you make it?



Wellbeing Workout

Try this once a week as a family and see if you can improve your time.

AMRAP 15 minutes (As many reps as you can)

20 Burpees

20 Sit ups

20 Star jumps

20 Press ups

20 Mountain climbers

Feel Good Family

Create a meal or snack for your family and eat it together.