

# Supporting Your Wellbeing



LAOIS SPORTS PARTNERSHIP  
COMHAR SPÓIRT NA LAOISE

— SPORT IRELAND —



Mental Health  
Ireland

**#InThisTogether**

**#BeActive    #UnitedInSport**

**#KeepYourDistance**

**#COVID-19**



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**This booklet can be downloaded online at  
[www.laoissports.ie](http://www.laoissports.ie) or at [www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)**



# WELCOME

***"The doctor of the future will give no medicine, but will involve the patient in the proper use of food, fresh air, and exercise." - Thomas Edison***

We are all very familiar with the importance of exercise for a healthy mind and a healthy body. Research indicates that modest amounts of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better. Given our current circumstances with COVID-19, building an exercise routine into our daily lives can and will enhance our wellbeing. This message is reflected in Gov.ie "In This Together" [www.gov.ie/en/campaigns/together/](https://www.gov.ie/en/campaigns/together/). **#InThisTogether**

Developing an exercise routine for yourself and your household living within **#StayAtHome** recommendations can help with our overall wellbeing. It can help you feel more relaxed and sleep better at night - an excellent non-medical wellbeing prescription that we can write for ourselves.

Laois Sports Partnership along with Mental Health Ireland are advising that you can reap all the benefits of exercise with even a little activity.

30-minutes of moderate exercise five times a week is recommended for adults. Two 15-minute or even three 10-minute exercise sessions can also work just as well. Kids need to be active every day. All activity, no matter how short, counts but aim for at least 60 minutes every day.

Please be assured that if this recommendation is too much to aim for in challenging circumstances e.g. childcare, working from home, limited space, perhaps even lack of motivation, do not throw in the towel just yet! We understand and are aware that opportunity to find time for activity and exercise can be limited and restricted.

Laois Sports Partnership supported by Mental Health Ireland have devised this **S'porting Your Wellbeing** booklet. Our aim is to support people and families adhering to the **#BeActive** **#COVID-19** requirements. We are availing of this opportunity to maintain contact with all the clubs, organisations, community groups and many others that have been our friends and supporters throughout the years and will be again in the future.

The guidance and access to the various programmes highlighted in this publication will support your physical and mental health and wellbeing through increased physical activity. We advise that you take it all at your own pace and keep in contact with our websites for updates.

Our goal is to support you and your wellbeing while we wait to make those longed for first steps into community living again. It is important that in the interim, that you maintain your wellbeing and should be in a healthy frame of mind to take on the new challenges of the changes that lie ahead for us all.

Our one ask of you is to commit to some moderate physical activity - however little - on most days. As exercising becomes a habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to pay off. It is a key to wellbeing.

**Caroline Myers - Head of Laois Sports Partnership**

**Finola Colgan – Development Officer Mental Health Ireland**

**DISCLAIMER:** Please be aware that the information in this publication is not intended as a substitute for clinical diagnosis or to replace the advice of a medical professional.

If concerned please contact your family doctor or visit [www.yourmentalhealth.ie](https://www.yourmentalhealth.ie).



## THE FIVE WAYS TO WELLBEING

**Five Ways to Wellbeing** is an evidenced base strategy for wellbeing that was developed by the New Economic Foundation. [www.neweconomics.org/2008/10/five-ways-to-wellbeing](http://www.neweconomics.org/2008/10/five-ways-to-wellbeing)

It is interesting to note that the NEF developed these Five Ways in response to the economic downturn, a time when individuals, families, business, communities suffered in those tough economic years. The NEF identified five key actions around the themes of social relationships, physical activity, awareness, learning, and giving. *"They highlighted that having strong social relationships, being physically active and being involved in learning are all important influencers of both well-being and ill-being. By contrast, the processes of giving and becoming more aware have been shown to specifically influence well-being in a positive way. A combination of all these behaviours according to the NEF will help to enhance individual well-being and may have the potential to reduce the total number of people who develop mental health disorders in the longer term."*

These five ways have been actively promoted by Mental Health Ireland and Laois Sports Partnership for many years in different workplace and community settings such as Wellness Boards for clubs and seminars. They are very practical, adaptable and as relevant during the COVID-19 phase of life and living in Ireland.

We are sharing how we can all benefit from the messages within these five ways and how they can be applied in our daily living. These five ways; **Connect, Be Active, Take Notice, Keep Learning** and **Give** are promoted in a similar way to the message that people should eat five portions of fruit or vegetables a day to maintain body health.

These five ways or actions are suitable to maintain, enhance our emotional social and mental well-being and in the process contribute to good physical health.

## HEALTH



There are many definitions of health, mental health and wellbeing, one of the ones we like is...

***"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"***  
- World Health Organisation (1947).

Although it has been around for quite some time, it is still very relevant and uncomplicated. It creates the image of health being like a triangle, and when one side is impacted by a life event, such as death, illness, or indeed presently with the impact of COVID -19, all sides of the health triangle are then impacted. It is important to keep a balance and all aspects working in unison.



In many ways the triangle of health is like the fire triangle. It is important to have all sides functioning to achieve a flame. How challenging is it to light a fire with no matches?!



# The Five Ways To Wellbeing

## 1. CONNECT

***"No man is an island entire of itself; every man is a piece of the continent, a part of the main." - John Donne***

Isolating means that we must only socialise face-to-face with those that we are living with. The guidance is clearly set out here...[www.gov.ie/en/publication/cf9b0d-new-public-health-measures-effective-now-to-prevent-further-spread-o/](https://www.gov.ie/en/publication/cf9b0d-new-public-health-measures-effective-now-to-prevent-further-spread-o/)

Connect with the people around you, family, friends, neighbours, team mates, school mates and think of these as your cornerstones during this period of restricted movement. Maintaining and developing these connections will be supportive to you and your family.

Join our campaign to keep Laois moving by recording your activity and tagging [@LaoisLSP](#) online to be in with a chance to win a sports voucher for your family or club.

Identify an online platform that will enable you to stay in contact with family and friends near and far away.





## CONNECTING THROUGH EXERCISE

Enhance your friendship by undertaking an exercise challenge. E.g. discuss with your friends how you feel after undertaking the activity. Connect with Sport and Physical Activity through social media platforms. Remember to follow Laois Sports Partnership @LaoisLSP for activity ideas and online classes.

If you are working from home connect with your colleagues and design an activity that connects you, this could be a table quiz, or start a book club, anything that you would all enjoy.

# Calling All Clubs, Groups & Families!

## People Of Laois, We Need YOUR Help...

**Laois Sports Partnership Is Looking For New Ways To  
Keep People Healthy & Active At Home.**

**We Want To Share Your Ideas To Keep Laois Moving!**

**As A Thank You, At The End Of April, All Your Ideas Will Be Entered  
In A Free Draw To Win Vouchers For Sports Equipment:  
We Have A €200 Voucher To Give The Winning Club/Group  
& A €100 Voucher To Give The Winning Family!**

### TO ENTER IS EASY...

**Record A Short Clip Of Your Activity And Share It On Your Facebook Page  
– Make Sure To Tag Laois Sports Partnership @LaoisLSP  
& Use The Hashtags #UnitedInSport #BeActive**

**Remember To Adhere To Social Distancing Guidelines.  
We Will Be Sharing Your Clips On Social Media,  
So Only Post Clips You Are Happy Other People Will See!  
This Is Just For Fun, So Keep It Safe & Keep It Simple.**





## 2. BE ACTIVE

***“When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.” - Tich Nhat Hanh***

The sedentary tendencies and the health risks associated with it in modern times are just not good for our bodies or minds. Mobility was extremely important to the pre-historic man, always on the hunt and prepared for action! There is much evidence which is very well documented about the advantages of exercising and how the brain releases endorphins - the “happy” hormone!

There is a great risk to sedentary behaviour as we live and deal with restriction in our homes. Some people and families are fortunate to have back gardens, alas this is not the same for everyone hence making it more difficult to buy into an exercise regime. People working from home spending many hours sitting in front of a computer, taking and making Zoom calls can get caught into the trap of being sedentary. We are encouraging and supporting the importance of introducing physical activity and exercise into your daily routine. As previously mentioned exercise can help deal with depression and prevent stress.

With the 2KM restriction, explore how you can make this an interesting opportunity to get out and about while strictly adhering to the social and physical distancing. As mentioned social distancing at present only impact on one to one public contact.

It is important to incorporate some personal exercise into your daily routine. Go for a walk, run, jog or cycle! However taking up a new physical activity ensure that it suits your level of mobility and fitness.

**Try some of Laois Sports Partnership videos @LaoisLSP on YouTube and other social media platforms.**







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# COUCH TO 2KM

This can be done 2-3 times per week or as often as you like.  
Try increase your time and distance on each run or each week.  
Don't start off too quick or by doing too much.

*It's Important to know your limits and ability and improve on them. Don't be afraid of trying.  
The first time to start is different and may seem difficult but working this into your daily/weekly routine will become a habit. Keep focusing on what you can do and what you would like to achieve.  
There is no time limit or expectations, only the ones you put on yourself.  
Keep smiling every step you take and don't be afraid to give it a go, you WILL surprise yourself!*

## OPTION 1: BEGINNERS

On the first 1KM – Start by walking to warm up for 2 minutes (roughly 200M).

For the next 800M try this:

Jog 100M, walk 100M, jog 100M, walk 100M, and so on.

On the last 1KM try a 500M brisk walk and then for the last 500M jog a nice easy jog until the end.

Increase your distance and time spent running until you can jog for 2KM

## OPTION 2: INTERMEDIATE

Start off the first 500M jogging – A nice easy jog not too quick.

Next 500M jogging – Increase pace slightly.

500M walk – Do a brisk walk, getting your breathing under control or stay jogging but go slower.

Last 500M jogging – Go for nice easy jog to finish or a brisk walk.

Increase distance and time spent running until you can jog for 2KM.

## OPTION 3: FOR ANYONE WHO WANTS TO BEAT THEIR 2KM TIME

Run 2KM as hard as you can – Try beat your time each time.

# You Can Do It!



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#UnitedInSport #BeActive #StayHome #StaySafe #COVID-19



### 3. TAKE NOTICE

***"Life comes with many challenges. The ones that should not scare us are the ones we can take on and take control of." - Angelina Jolie***

Mental wellbeing relates to feeling good about life and yourself and having the ability to get on with life in the way you want. However these days that is not so easy. That said, it is up to each of us to take responsibility to how we can indeed make things better for ourselves in lock down. There is much evidence that demonstrates that what we do, and the way we think have the biggest impact on wellbeing.

These days it is, unfortunately, possible for some of us to have a number of life or personal issues "playing" on our minds making it easy to lose touch with the way our bodies are physically and we may end up ruminating. It is important to take notice of how we are feeling otherwise we may run the risk of feeling stressed, anxious and have difficulties with sleeping.

[www.mentalhealthireland.ie/sleep-during-tough-times/](http://www.mentalhealthireland.ie/sleep-during-tough-times/)

Stop! Create a focus on your present way of life, leave behind the clamour of the past and the anxiety of tomorrow that maybe lurking on your mind. Take a minute. Free your thoughts. Let go of things you have to do right now or later on today. Just let your thoughts rise and fall in sync and be at one with your own natural breathing. Feel the moment. Open your eyes and feel refreshed!

In current circumstances, and with the uncertainty being experienced by the community, it is difficult not to have moments of worry and sleepless nights along with maybe forward thinking into the future creating moments of anxiety. Taking occasional moments and time out as suggested can be very helpful.

If you are concerned about your mental health please seek help from any of the agencies set out here.

[www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)





## The Game Of Five

It can be difficult to quieten your mind. So try this exercise take notice of five things in your day that usually you don't take notice of by using your senses. **Try to hear, smell, feel, touch or see things that surround you.** For example when you're out and about (#2KM restriction for exercise #SocialDistancing) look around you and see how you can match your five senses to things and sounds around you.

5

### 5 Things You Can SEE.

Observe and name FIVE things you can see in your surroundings. Take your time with each object. Notice the nuances and details of each item.



4

### 4 Things You Can TOUCH.

Notice and touch FOUR objects in your immediate reach. If possible, hold each item. Feel the texture and sensation in your hand.



3

### 3 Things You Can HEAR.

Become aware of sounds around you. Name THREE specific sounds that you can hear. It can be any sound at all.



2

### 2 Things You Can SMELL.

Notice any TWO scents around you. Its okay to get creative. It could be the smell of air in the room, your skin or hair, or imagine a specific calming aroma.



1

### 1 Thing You Can TASTE.

Become aware of ONE taste. If you have something you can eat, take a bite. Taste the flavor. If not, get creative. It could be a lingering taste or even imagined.





**Laois Sports Partnership Are Delighted To Introduce**

# **The Physical Activity Pot!**

**Come On Everyone, Get Involved!**

**What Activity Will You Transformation Your Day With?**

**Climbing The Stairs, Seated Exercise, 2KM Walk, Skipping, Handball, Football, The Daily Mile, Press Ups Or Some Planking?**

**It's Simple Just Put On Your Trainers Then Take Part In Any Activity You Want To Do.**

**This Will Help Increase Your Strength & Energy And Improve Your Physical Health & Wellbeing.**

**WHEN YOU COMPLETE AN ACTIVITY TELL US ABOUT IT IN A COMMENT BELOW HERE ON OUR FACEBOOK PAGE.**



**As A County Help Us Fill This Pot While In Quarantine  
With Activities, Fun & Good Memories.**



## 4. KEEP LEARNING

*"The beautiful thing about learning is nobody can take it away from you."*

- B.B. King

Keeping our brains stimulated is important for a healthy mind. For some of us that could be e-learning, or for some it could be learning that less is more.

We may find we have extra time in our day over the coming weeks. We can use this **opportunity** to try something new we didn't have time to try before.

Signing up for short online courses or trying something as simple as cooking a new recipe can help give us a sense of purpose and **keep our minds active.**

**KEEP  
LEARNING**

Avail of **free online resources** on topics you enjoy. Apps, podcasts, YouTube tutorials offer many ways to keep learning.

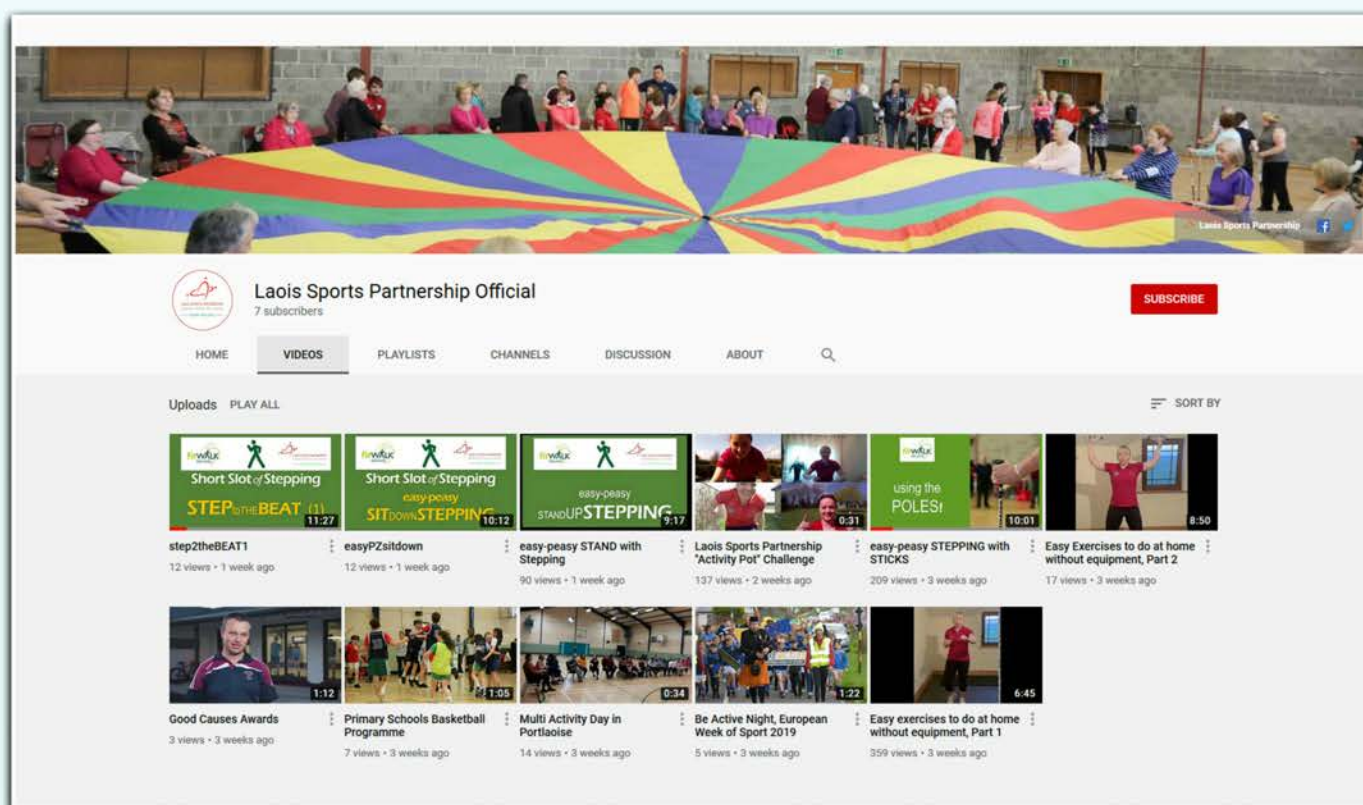
**When we teach, we learn.** Maybe help someone you're at home with their studies or with something they're working on.





Due to COVID-19 keeping us at home there is a danger that we can find ourselves drowning in a sea of unpalpable news around the virus. It is important to change that focus and minimise following the social media platforms, listening to too much news. Turn your mind to better things and opportunities. There are many free online courses ([www.loetb.ie](http://www.loetb.ie)) and exercises that can enhance your self-esteem, or you could teach yourself a new skill e.g. yoga, movement minutes, easy-peasy stand up stepping.

**Check out our videos on our YouTube channel. Search "Laois Sports Partnership".**



It is possible that you may not be in the mood for learning or feel you don't have the time, nonetheless there are a number of different ways you can bring learning into your life and your family that is around you.

Irish public libraries provide all users with a wide range of free online services including eBooks, audiobooks, eMagazines, online courses and online newspapers. You can access all resources on line at Laois County Library and join for free at [www.laois.ie/departments/libraries/online-resources](http://www.laois.ie/departments/libraries/online-resources)



## 5. GIVE

***"No one has ever become poor by giving" - Anne Frank***

This is very ironic coming from a young Jewish girl given that Anne spent 761 days in isolation in the secret annex before being found by the Nazi army in 1944. During those long hard days of isolation she kept herself occupied and wrote her now well-read Diary of Anne Frank.

There are ways that you can help others while still following the guidelines, this can include providing virtual support by buying on line from local shops, signing up to COVID-19 Laois Community Response ([www.laoisppn.ie](http://www.laoisppn.ie)), fundraising like the #DoltForDan campaign which has seen many clubs and organisations participating whilst adhering to government guidelines to #2KM restrictions and #SocialDistancing. You can also send text messages, sending positive messages, making a phone call to an older neighbour and checking in that all is good with them.

As the NEF has stated *"seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you."*





# 5 Ways To Wellbeing WORKSHEET

On the worksheet on the next page, rate yourself and use your self- assessment to identify your strengths and weaknesses against these Five Ways. **It is not about getting a perfect score, it has more to do with getting a balance in all these areas.** This exercise can help you to identify the areas that need more attention in your life to build up resilience.

COVID-19 is an extremely difficult situation for us all to find ourselves in. However we must remember **#WeAreAllInThisTogether**, we are not alone. The more we do for ourselves in these **#ToughTimes** the better we will be physically and mentally now and in the future when the new dawn does arrive and we are free to safely move around, we will be in better shape to deal with the new challenges. We can fortify ourselves now.





# Self-appraisal

## Five Ways to Wellbeing

	Never	Not very often	Some of the time	Most of the time	Always
					
					
					
					
					

- Which action area do I need to improve:

---

- I will do the following in order to increase the time spent daily on this action area

---



---



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# Wellbeing BINGO

This is a BINGO game, to see how many times you have recently used the Five Ways of Wellbeing in different areas of your life.

Your answers don't need to be massive actions. They can be as simple as making someone a cup of tea or walking the dog.

Win by completing four in a row in any direction.

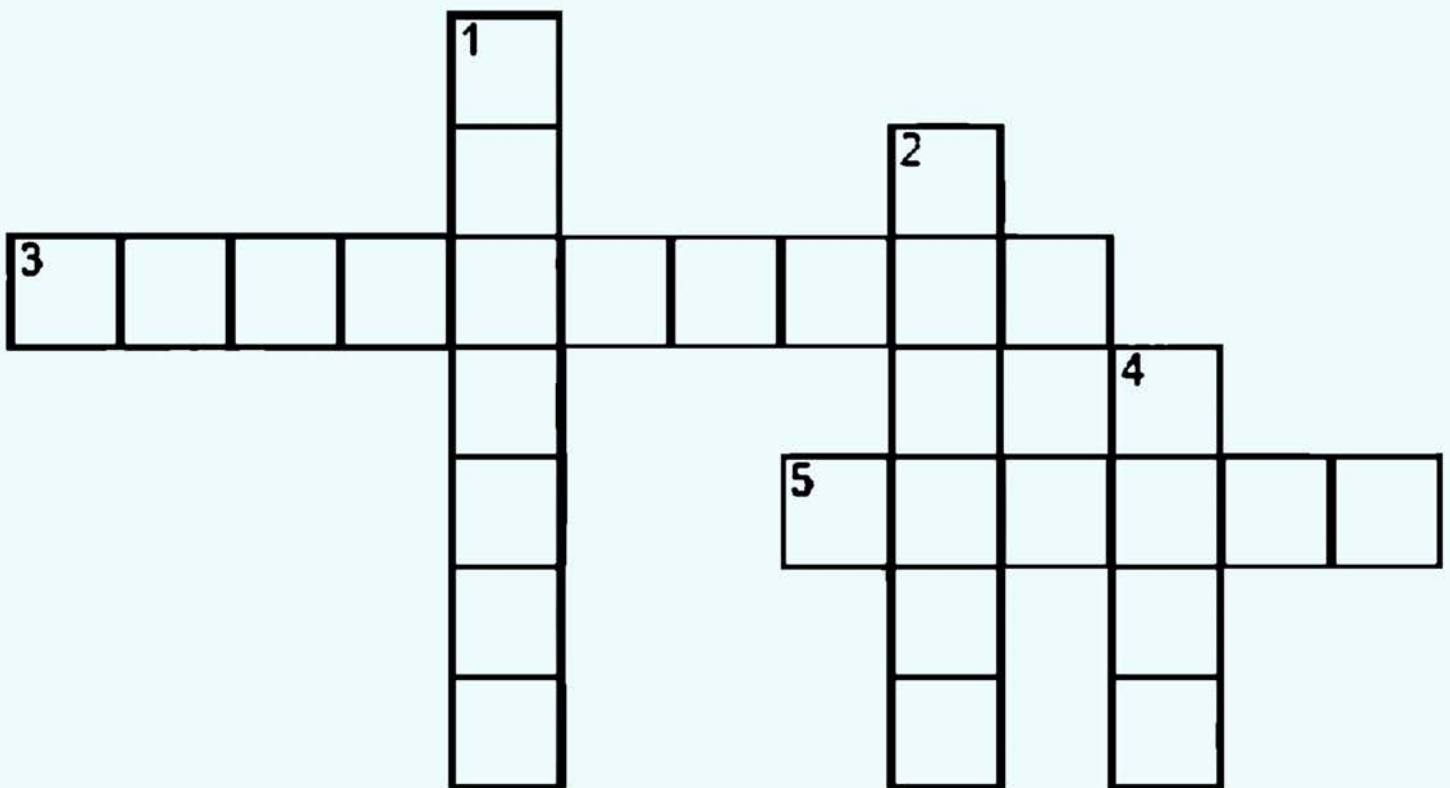
 <b>CONNECT AT WORK</b>	 <b>BE ACTIVE AT HOME</b>	 <b>WITH FAMILY/ FRIENDS</b>	 <b>BE ACTIVE AT WORK</b>
 <b>KEEP LEARNING AT WORK</b>	 <b>WITH FAMILY/ FRIENDS</b>	 <b>WITH FAMILY/ FRIENDS</b>	 <b>CONNECT AT HOME</b>
 <b>TAKE NOTICE AT HOME</b>	 <b>Give AT WORK</b>	 <b>WITH FAMILY/ FRIENDS</b>	 <b>KEEP LEARNING AT HOME</b>
 <b>CONNECT ANYWHERE!</b>	 <b>WITH FAMILY/ FRIENDS</b>	 <b>Give AT HOME</b>	 <b>TAKE NOTICE AT WORK</b>



# 5 Ways To Wellbeing CROSSWORD

## Let's Get Quizzical!

Take a few minutes to breathe, relax and do this simple wellbeing crossword.



## CLUES

### ACROSS

- 3. Pay Attention.
- 5. Another word for sharing.

### DOWN

- 1. When I join links of a chain.
- 2. When you are running around you are \_\_\_\_\_.
- 4. How many ways to wellbeing do I need?



# UNO WORKOUT

## TO DO AT HOME

Set a stack of UNO cards in a central location.

Give plenty of space for everyone to exercise. Everyone will draw a card. The colour corresponds with an exercise, do as many as the number on the card.

An action card means you do 10 of your choice of exercise.

After you complete your task, grab another card. Play as long as you like.

This is a fun and simple way to get everyone moving.

**YELLOW** - Jumping Jacks

**GREEN** - Squats

**RED** - 30 Second Planks

**BLUE** - Push Ups

**ACTION CARDS** - 10 Of Your Choice



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# Chair Activity

# BINGO



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Physical activity without having to get up out of your seat!  
Seated stretches and simple movements must be completed in  
order to mark your game card. Perfect for older adults,  
those with limited space, or anyone with limited mobility.







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# FIDGET SPINNER

## Fitness Activities

### For Kids

Spin Your Fidget Spinner. Try To Do The Exercises Below The Entire Time It Is Spinning.  
Put A Check Mark In The Box When Completed.

Write Down Some Additional Exercises That You Want To Try & Complete Those Too.

EXERCISES	COMPLETED	OTHER EXERCISE IDEAS	COMPLETED
Jumping In Place			
Pretend To Jump Rope			
Wall Push Ups			
Jumping Jacks			
Arm Circles			
Stand On Right Foot			
March In Place			
Windmills			
Stand On Left Foot			
Run In Place			





# ROLL WITH IT DICE WORKOUT



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**WANT A DIFFERENT WORKOUT EVERY TIME?  
JUST ROLL THE DICE!**

**All You Need Is 2 Dice And Some Room To Workout.**

**Aim To Do At Least 10 Dice Rolls,  
But You Can Do More Based Upon Your Fitness Level.**

**The Sum Of The Dice Determines What Activity You Do.**

**Roll A 2** - Do Two Minutes Of Jumping Jacks

**Roll A 3** - Run Three Laps Around Your Backyard

**Roll A 4** - Do Four Minutes Of Lunges

**Roll A 5** - Five Minutes Of Push-Ups

**Roll A 6** - Six Minutes Of Squats

**Roll A 7** - Seven Minutes Of High Knees

**Roll A 8** - Eight Minutes Of Sit-Ups

**Roll A 9** - Do Nine Minutes Of Crunches

**Roll A 10** - Jump Rope For Ten Minutes

**Roll A 11** - Do 11 Squat Jumps

**Roll A 12** - Do 12 Burpees

**Stay Safe, Stay Well, Stay Active.**





# ROLL WITH IT

## Fitness Activities



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**WANT A DIFFERENT ACTIVITY EVERY TIME?  
JUST ROLL THE DICE!**

**All You Need Is 2 Dice And Some Room To Have Fun!**

**Try Do As Many Rolls Of The Dice As You Can.  
The Sum Of The Dice Determines What Activity You Do.**

**Roll A 2** - Run Two Laps Of Your Backyard

**Roll A 3** - Do Three Somersaults

**Roll A 4** - Do Four Push-Ups

**Roll A 5** - Walk Like A Bear For A Count Of Five

**Roll A 6** - Do Six Sit-Ups

**Roll A 7** - Bend & Touch Your Toes Seven Times

**Roll A 8** - Hop Like A Frog Eight Times

**Roll A 9** - Pretend To Pedal A Bike With Your  
Arms For A Count Of Nine

**Roll A 10** - Jump Rope For Ten Minutes

**Roll A 11** - March Like A Soldier For  
A Count Of Eleven

**Roll A 12** - Hop On One Foot Twelve Times

**Stay Safe, Stay Well, Stay Active!**



# SPELL YOUR NAME & DO THE WORKOUT!



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For Another Challenge Try Do Each Letter Twice  
Or Add In Your Middle Name And/Or Last Name.

- |                               |                               |
|-------------------------------|-------------------------------|
| <b>A</b> 15 PUSH UPS          | <b>N</b> 10 PUSH UPS          |
| <b>B</b> 50 JUMPING JACKS     | <b>O</b> 20 LUNGES            |
| <b>C</b> 20 CRUNCHES          | <b>P</b> 10 TRICEP DIPS       |
| <b>D</b> 10 BURPEES           | <b>Q</b> 20 JUMPING JACKS     |
| <b>E</b> 60 SECOND WALL SIT   | <b>R</b> 60 SECOND PLANK      |
| <b>F</b> 20 ARM CIRCLES       | <b>S</b> 30 BICYCLE CRUNCHES  |
| <b>G</b> 20 SQUATS            | <b>T</b> 60 SECOND WALL SIT   |
| <b>H</b> 30 JUMPING JACKS     | <b>U</b> 40 HIGH KNEES        |
| <b>I</b> 60 SECOND PLANK      | <b>V</b> 30 SQUATS            |
| <b>J</b> 20 MOUNTAIN CLIMBERS | <b>W</b> 15 TRICEP DIPS       |
| <b>K</b> 40 CRUNCHES          | <b>X</b> 10 MOUNTAIN CLIMBERS |
| <b>L</b> 12 BURPEES           | <b>Y</b> 12 JUMPING LUNGES    |
| <b>M</b> 15 SQUAT JUMPS       | <b>Z</b> 30 CRUNCHES          |



# Fitness Activity For Kids

## WHAT'S YOUR NAME?



Spell Out Your Name And Complete The Activity Listed For Each Letter.

For A Greater Challenger Include Your Middle And/Or Last Name, Or Try Do Each One Twice!

For A Variety You Can Use A Favourite Character's Name Or A Family Member's Name.

**A** Jump Up & Down 10 Times

**B** Spin Around In A Circle 5 Times

**C** Hop On One Foot 5 Times

**D** Run To The Nearest Door & Run Back

**E** Walk Like A Bear For A Count Of 5

**F** Bend Down & Touch Your Toes 20 Times

**G** Do 10 Jumping Jacks

**H** Hop Like A Frog 8 Times

**I** Balance On Your Left Foot For A Count Of 10

**J** Balance On Your Right Foot For A Count Of 10

**K** March Like A Toy Soldier For A Count Of 12

**L** Pretend To Jump Rope For A Count Of 20

**M** Do 3 Somersaults

**N** Pick Up A Ball Without Using Your Hands

**O** Walk Backwards 20 Steps & Skip Back

**P** Walk Sideways 20 Steps & Hop Back

**Q** Crawl Like A Crab For A Count Of 10

**R** Walk Like A Bear For A Count Of 5

**S** Do 3 Cartwheels

**T** Pretend To Pedal A Bike With Your Hands For A Count Of 20

**U** Roll A Ball Using Only Your Head

**V** Flap Your Arms Like A Bird 25 Times

**W** Pretend To Ride A Horse For A Count Of 15

**X** Try Touch The Clouds For A Count Of 15

**Y** Walk On Your Knees For A Count Of 10

**Z** Do 10 Push-Ups



# PRACTICE MINDFULNESS

Practicing mindfulness can help achieve a better quality of life both mentally and physically. Meditation is a very useful tool that can be used at any time or anywhere by a person to reflect on their emotions, to slow down racing thoughts, and be more "in the moment."

Mindfulness is about the person focussing on themselves, their mind, their body and surroundings. Instead of letting the mind get carried away by unhelpful thoughts and feelings, mindfulness meditation encourages the person to take notice of their thoughts and feelings nonjudgmentally.

## MINDFULNESS EXERCISES TO TRY

**One Minute Breathing:** Start by taking several deep breaths. Fill your belly up with air like a balloon and gently let the air out. Focus on your breath for one minute. Breathe in and out slowly, holding your breath for a count of six and slowly exhaling. As your mind wanders to other things, try to bring your attention back to your breath.

**Mindful Observation:** Pick an object in the room in which you are sitting and observe it for one minute. Notice the colour, texture, shape, smell, and size of the object. By focusing carefully on one object at a time you can improve your concentration and cool down your thoughts.

## FREE Mindful Colouring Pages For Children

[www.twinkl.ie/resource/t-t-28435-sports-mindfulness-colouring-sheets](http://www.twinkl.ie/resource/t-t-28435-sports-mindfulness-colouring-sheets)



## MINDFUL MOMENT

### Try This!

**When you are beginning to feel tired or exhausted during demanding hours of work, STOP! Take a minute. Free your thoughts. Let go of things you have to do right now or later on today. Just let your thoughts rise and fall in sync and be at one with your own natural breathing. Feel the moment. Open your eyes and feel refreshed! Feel free to try again.**



# Co. Laois Primary School Daily Mile At Home Step Challenge



LAOIS SPORTS PARTNERSHIP  
COMHAR SPÓIRT NA LAOISE

— SPORT IRELAND —



Laois Sports Partnership Are Dedicated To Keeping The Children Of Co. Laois Fit & Active With The Daily Mile. Simply Ask Your Pupils To Complete Our 6-Week Step Challenge. Each Pupil's Steps Will Be Added Together For Their School To Receive A Daily Mile Active Flag In September.

MONDAY ✓	TUESDAY ✓	WEDNESDAY ✓	THURSDAY ✓	FRIDAY ✓	POSITIVE WORD
April 20th	April 21st	April 22nd	April 23rd	April 24th	
April 27th	April 28th	April 29th	April 30th	May 1st	
May 4th	May 5th	May 6th	May 7th	May 8th	
May 11th	May 12th	May 13th	May 14th	May 15th	
May 18th	May 19th	May 20th	May 21st	May 22nd	
May 25th	May 26th	May 27th	May 28th	May 29th	

Write In The Box A Weekly Positive Word That Begins With The First Letter Of Your Name!

SCHOOL NAME: \_\_\_\_\_

PUPIL'S NAME: \_\_\_\_\_

CLASS: \_\_\_\_\_

## 2000 Steps = 1 Daily Mile

You Can Run, Jog, Dance, Skip Or Walk....

Just Keep Step, Step, Stepping  
& Get Everyone At Home Involved.

Print Off This Chart & Get Your Child To Tick The Box Daily,  
Take A Screen Shot & Email Majella At  
mfennelly@laoissports.ie

Turn The Daily Mile Into The Daily Smile  
With Laois Sports Partnership & Your School  
Until We Are All Together Again.



## LINKS & RESOURCES

Active Home Week -

[www.activeschoolflag.ie/index.php/active-home-week-2020/](http://www.activeschoolflag.ie/index.php/active-home-week-2020/)

Age & Opportunity - [www.ageandopportunity.ie](http://www.ageandopportunity.ie)

Aldi Community Games - [www.communitygames.ie](http://www.communitygames.ie)

Athletics Ireland TV - [www.youtube.com/user/AthleticsIRL](https://www.youtube.com/user/AthleticsIRL)

Basketball Ireland - [www.basketballireland.ie](http://www.basketballireland.ie)

Camogie - [www.camogie.ie](http://www.camogie.ie)

Cara Centre - [www.caracentre.ie](http://www.caracentre.ie)

Cycling Ireland - [www.cyclingireland.ie](http://www.cyclingireland.ie)

Department of Children & Youth Affairs -

[www.gov.ie/en/organisation/departments/departments-of-children-and-youth-affairs](http://www.gov.ie/en/organisation/departments/departments-of-children-and-youth-affairs)

Department of Health - [www.gov.ie/en/organisation/departments/departments-of-health](http://www.gov.ie/en/organisation/departments/departments-of-health)

FAI - [www.fai.ie/domestic/news/fai-launches-online-coaching-skills-programme](http://www.fai.ie/domestic/news/fai-launches-online-coaching-skills-programme)

Fit Walk Ireland - [www.fitwalkireland.com](http://www.fitwalkireland.com)

GAA - [www.gaa.ie/my-gaa/getting-involved/kids-activities](http://www.gaa.ie/my-gaa/getting-involved/kids-activities)

Get Ireland Active - [www.getirelandactive.ie](http://www.getirelandactive.ie)

Get Ireland Walking - [www.getirelandwalking.ie](http://www.getirelandwalking.ie)

Gov.ie -

[www.gov.ie/en/publication/cf9b0d-new-public-health-measures-effective-now-to-prevent-further-spread-o](http://www.gov.ie/en/publication/cf9b0d-new-public-health-measures-effective-now-to-prevent-further-spread-o)

[www.gov.ie/en/publication/606da7-coping-at-home-during-COVID-19/#creativity](http://www.gov.ie/en/publication/606da7-coping-at-home-during-COVID-19/#creativity)

[www.gov.ie/en/campaigns/together/](http://www.gov.ie/en/campaigns/together/)

Health Service Executive - [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)

Healthy Ireland - [www.gov.ie/en/campaigns/healthy-ireland](http://www.gov.ie/en/campaigns/healthy-ireland)

Irish Rugby - [www.irishrugby.ie](http://www.irishrugby.ie)

Laois County Council - [www.laois.ie](http://www.laois.ie)

Laois Offaly Education Training Board - [www.loetb.ie](http://www.loetb.ie)

Laois Partnership - [www.laoispartnership.ie](http://www.laoispartnership.ie)

Laois Public Participation Network - [www.laoisppn.ie](http://www.laoisppn.ie)

Laois Sports Partnership Activity Resources At Home -

[www.laoissports.ie/about-us/publications](http://www.laoissports.ie/about-us/publications)

Mental Health Ireland - [www.mentalhealthireland.ie/get-support/covid19](http://www.mentalhealthireland.ie/get-support/covid19)

Other Local Sports Partnerships - [www.sportireland.ie/participation/local-sports-partnerships](http://www.sportireland.ie/participation/local-sports-partnerships)

Special Olympics - [www.facebook.com/SpecialOlympicsIreland](https://www.facebook.com/SpecialOlympicsIreland)

Sport Ireland - [www.sportireland.ie](http://www.sportireland.ie)

Swim Ireland - [www.swimireland.ie/news/staying-fit-healthy-during-covid-19](http://www.swimireland.ie/news/staying-fit-healthy-during-covid-19)

Youth Work Ireland Laois - [www.youthworkireland.ie/who-we-are/our-members/youth-work-ireland-laois](http://www.youthworkireland.ie/who-we-are/our-members/youth-work-ireland-laois)





## Keep Active, Keep it Simple!

You don't need a big garden and lots of equipment to have fun outside... Simple games like HOPSCOTCH, DONKEY, KEEPY-UPPY and SKIPPING are fun and improve co-ordination!

### #InThisTogether

### #BeActive #UnitedInSport

### #KeepYourDistance #COVID-19



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Mental Health  
Ireland



SPÓRT ÉIREANN  
SPORT IRELAND