



BIRMINGHAM SCHOOL GAMES

2020-21

Wellbeing week – 26th April – 3rd May 2021

How to Use this Resource

Over the course of the summer term, Birmingham SGO's will be running 4 themed weeks to support your school and young people.

We encourage you to use the resources and activities in the best way for your school – feel free to share with colleagues, parents and carers and young people!

If your school has social media or internal school platforms, please feel free to share the Birmingham School Games message!



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Day 1

Yoga Challenge

Yoga is a great way to maintain positive health and wellbeing! It has lots of benefits such as:

- helping us to manage our stress and anxiety.
- Improving your mood
- Boosting our self-esteem and self confidence.
- Improving our awareness of how our body moves.
- It can help increase concentration and memory.
- Develops our strength and flexibility.



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Why not give our Yoga challenge a go today? Don't worry if you can't do all the movements. Yoga is a skill that needs to be practised – the more you do, the better you will be!

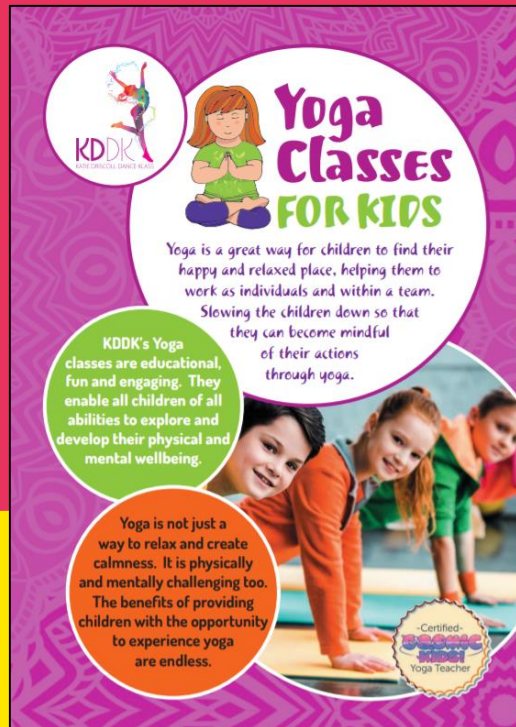


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KDDK Yoga

Many thanks to KDDK who have provided us with a great yoga video this week!



KDDK
KATIEDRIS COLLINS DANCE KIDS

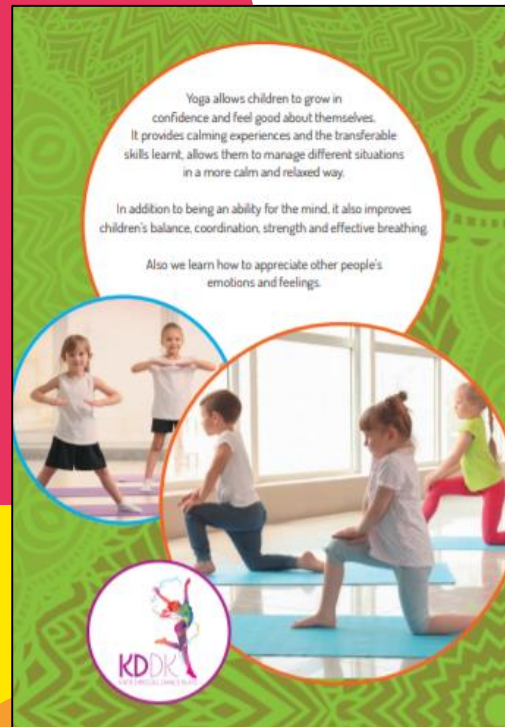
Yoga Classes FOR KIDS

Yoga is a great way for children to find their happy and relaxed place, helping them to work as individuals and within a team. Slowing the children down so that they can become mindful of their actions through yoga.

KDDK's Yoga classes are educational, fun and engaging. They enable all children of all abilities to explore and develop their physical and mental wellbeing.

Yoga is not just a way to relax and create calmness. It is physically and mentally challenging too. The benefits of providing children with the opportunity to experience yoga are endless.

Certified-
Birmingham
School Games
Yoga Teacher



Yoga allows children to grow in confidence and feel good about themselves. It provides calming experiences and the transferable skills learnt, allows them to manage different situations in a more calm and relaxed way.

In addition to being an ability for the mind, it also improves children's balance, coordination, strength and effective breathing.

Also we learn how to appreciate other people's emotions and feelings.

KDDK
KATIEDRIS COLLINS DANCE KIDS

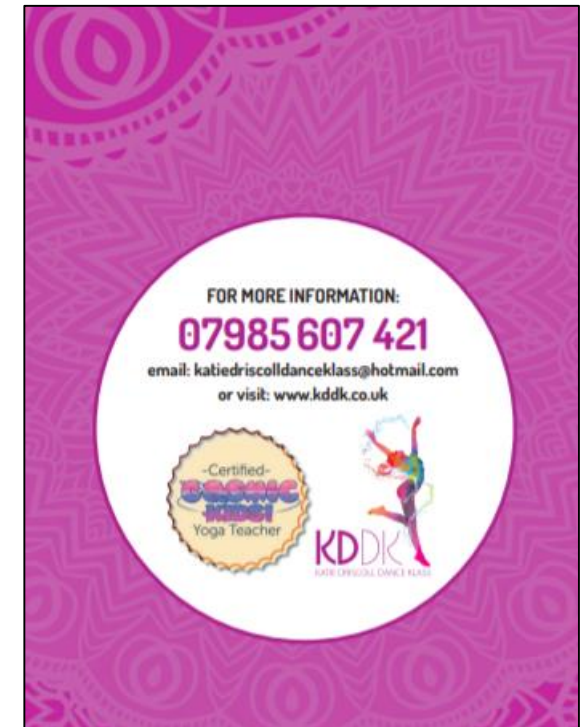


Within each class, the main focus is on children having fun and enabling them to feel relaxed and confident to express different emotions.

All children are welcome to participate in KDDK Yoga, regardless of ability or experience. Each lesson is tailor made to supporting children's needs.

The younger children's classes are filled with creativity, exploring different adventures through storytelling and being brought to life with different yoga moves. The children will have fun and enjoy the different characters within the stories. Their imagination is switched on and allows them to relax physically and mentally.

The older children's classes are also filled with creativity. Using topics and themes to encourage them to create their own sequences. This provides the opportunity to express and explore their own personal challenges.



FOR MORE INFORMATION:
07985 607 421
email: katiedriscollidanceklass@hotmail.com
or visit: www.kddk.co.uk

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Day 2

Mindfulness Challenge

Mindfulness means paying attention to the things around us and how they make us feel.

Sometimes, we need to slow down to really appreciate things as we may miss them in day to day life.

Being mindful means taking your time and putting time aside for the important things in life! When you're mindful, you feel relaxed, calm and peaceful.



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Mind Full, or Mindful?

How many of our mindfulness tasks can you complete? Can you make them part of your daily routine?
How do you feel after you have completed them?



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1



Find 10 minutes in your day to have a meaningful conversation with someone else. Try to ask questions and really listen to the answers.

2



Try to allocate at least one day this week to a device free day. Switch off your phone and think of other activities that you can do.

3



Sit down with your whole family or whoever looks after you and eat a home cooked meal. Can you help prepare it and help with the washing up?

4



Find time in your day to listen to your favourite music. Can you find something that makes you feel calm and switch off from your day?

5



Find time to read a book or a magazine that interests you. Try to find a quiet place where you can't be distracted by others.

6



Create a gratitude list - can you think of 10 things that you are grateful for? These could be objects, people or experiences.

7



Write a letter or email to someone in your family or a friend. Let them know what you have been doing in lockdown and how you feel.

8



Volunteer to complete a chore around your house and do something nice for someone else. Can you do this chore without being asked?

9



Find some pencil crayons or some felt tips and colour in! Find somewhere quiet and do some colouring in - this can help reduce stress and anxiety.

10



Smile, smile, smile! A smile always goes a long way. Not only does it make the other person feel good but we also feel better when we smile.

11



Laughing can improve your mood. Find someone who makes you laugh or watch something funny on the TV - how do you feel afterwards?

12



Create a memory box with all the things that make you feel happy inside. What are your most favourite possessions or memories?

13



Find a quiet space for 10 minutes. Close your eyes and breathe deeply in and then out. Slow your breathing down - how do you feel?

14



Make a list of things you want to achieve the next day. Do this the night before and see if you can tick off all the things on your list.

15



Go for a walk outside or into your garden. Look at the things around you, listen to the noises you can hear and reflect on the beauty around you.

Day 3

Play Challenge

Play is a great way to stay active, healthy and happy. Having time in the day just to play helps us to:

- Learn new life skills
- Improve our wellbeing
- Develop our social interactions
- Think more creatively

Why not try some of our play activities today, created by our partners Boing? You can find more content from them at @Boingkids or by contacting craig@boingkids.co.uk



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"Harnessing the power of play to develop children's physical literacy."



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Animal Mirror



Problem to Solve: Stretch like an animal to calm down and relax.

Set Up: Play a high energy PlayGame, or just have a 'wild minute' where children can run and move as fast and as loudly as they like.

Starting rules: Move as slowly as you can. Don't get in the way of other children or family members.

Play: Shout out an animal and create a shape that looks like that animal and stretch out the body. All the children then have ten seconds to make that shape as big as they can! Keep going with as many animals as you can think of.

Play Differently: Ask the children to create the animal shapes instead of you demonstrating for them.

Simplify: Go into pairs with children facing each other. One leads on the shape and the other has to mirror it exactly.

Progress: Get the children to do 5 deep breaths while they stretch.

<https://www.boingkids.co.uk>



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Press the Button



Problem to Solve: Keep the balls from hitting the button.

Set Up: Make a circle using six throw down discs stuck on a wall. Make the circle one and half metre squared. This is the button. Create a line of three throw down discs or tape on the floor in front of the button. Make the line is three metres long, one and a half metres away from the wall and make sure it runs parallel with the wall.

- Give the group of three children two medium sized balls. These are the button pressers.
- Ask the group of two children to stand in front of the button. These are the savers.
- Ask the button pressers to stand on the other side of the line to the savers.

Play: On the word go, the button pressers must move the balls towards the button.

Button pressers must not go onto the other side of the line and savers must not go over onto the other side of the line that they started on. The savers can use any part of their body to stop the balls pressing the button. If a ball hits the button this is one press. The Playgame is complete when the button pressers have pressed the button ten times.

Play Differently: Make it a 360 degree Playgame. Place the button in the middle of a large circle of five throw down discs on the floor. Then create another large circle of five throw down discs around the outside of that. The button pressers cannot go inside the largest circle and the savers cannot go inside the small circle

Simplify: Make the size of the button bigger - to increase the scale of the problem

Progress: Make the button behind the savers into six small buttons.

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Invisiball



Problem to Solve: Work together to keep possession of the invisiball and score ten in a row.

Set Up: Place four hula hoops down in the four corners of the space you have. Divide pupils into two groups and spread out.

Play: Give one group the invisiball to start. That's right it's an invisible ball!

They can pass an invisiball between themselves by saying their name, followed by the name they are passing to and then throwing the invisiball.

If they are tagged with the invisiball, they hand it over to the other group.

The other group can intercept an invisiball pass by being between the thrower and the catcher when it's thrown and shouting 'catch'.

When the invisiball is caught inside a hula hoop, that is one point and that group immediately continues to see if they can make it to ten in a row.

Play Differently: Add a second invisiball.

Simplify: Reduce the number of points in a row to five.

Progress: Now invisiballs can only be passed backwards.

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Invade

Problem to Solve: Score more goals than your group concedes.

Set Up: Create a large rectangle using ten red throw down discs. This is the pitch. Place a hula hoop in each of the corners. These are the goals. Place two medium sized balls in the middle of the pitch. Ask one group of five to stand and defend the two hula hoops at one end and the other group of five to stand and defend the other two hula hoops. Give two members of each group a red sash each.

Play: On the word 'go', children from each group must run to grab the balls. Children without a red sash can run with a ball, but if they are tagged they have to stop and pass the ball. Children with a red sash cannot run with a ball, but cannot be tagged.

A goal is scored when either ball is caught by a child stood in the opposite group's goal. A ball can be intercepted, but children must not tackle the ball out of any child's hands. Once a goal has been scored, the play starts again with the group that just conceded a goal starting from one of their goals. The Playgame is complete when one group reaches ten goals.

Play Differently: Place three throw down discs two metres away from the hula hoops. Specify that goals can only be scored from the throw down discs.

Simplify: Remove the red sash from games.

Progress: Create an end zone at each end of the pitch which the goals are within. Specify that a goal can only be scored when thrown from outside of these end zones - to increase the scale of the problem.

<https://www.boingkids.co.uk>



Day 4

Gratitude Hands

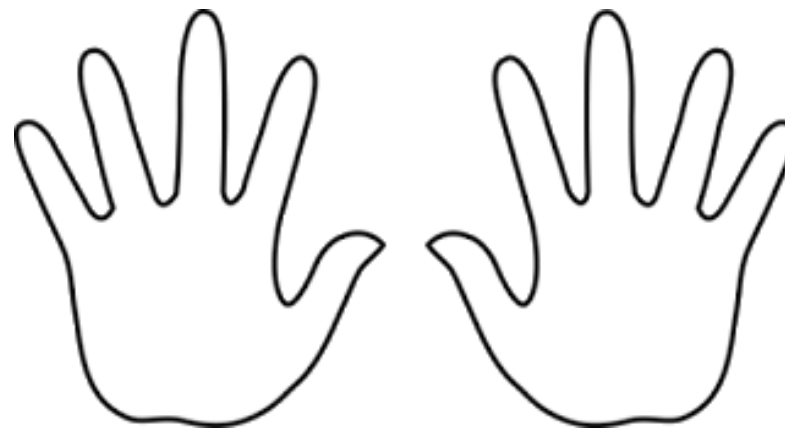
Gratitude means being thankful for the positive things in our lives.

This task is all about thinking about all the things we have been grateful for over the past year.

Think about the people around you; parents, carers, grandparents and friends.
What other things are you grateful for?
Why are you grateful for these things?



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Find a piece of paper and draw around your hands or cut out the templates we have provided. On each finger, write down something that you are or have been grateful for.

Can you decorate your hands with crayons, felt tips or paint?
Ask a friend to do the same task – have you written down similar things? Are there any things that are different? Talk to each other about your choices!



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Day 5

Stormbreak

Stormbreak aims to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

When the storm rages we teach children to find shelter and create light, calm and change through movement.

What if we could inspire mentally healthy movement to help children become happier, healthier humans, forever?



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Why not try some of the great resources from Stormbreak in your school? For further information please get in contact at hello@stormbreak.org.uk or head to www.stormbreak.org.uk



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Find out more about Stormbreak by clicking the image opposite.



Find out how schools have used Stormbreak activities and the impact they have had on pupils by clicking on the image opposite.



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Self-Worth



Relationships



Self-Care



Resilience



Hope and Optimism



Click on the images opposite to access these Stormbreak resources.



Birmingham SGO Contact Details

Jo Nightingale – nightingaleja@hamsteadhall.com (Hamstead Hall)

Hannah Reed – h.reed@hallgreen.bham.sch.uk (Hall Green)

Faye Haworth – f.haworth@wilsonstuart.co.uk (Wilson Stuart)

Robin Simpson – r.simpson@cliftonprimary.bham.sch.uk (Clifton)

Elliot Weston – e.weston@khb.bham.sch.uk (Kings Heath)

Helen Tonks – h.tonks@keaston.bham.sch.uk (King Edward Aston)

James Richardson – james.richardson@ninstiles.org.uk (Ninestiles)

Heather Crump – schoolsportmanager@ksspcic.co.uk (Kingsbury)

Derek McDermott – d.mcdermott@bishopchalloner.bham.sch.uk (Bishop Challoner)

Matt Rickard – mrickard@colmers.school (Colmers)