



DBS 5
WELL-BEING WEEK

25th-29th January 2021

Let's get Active Monday

Exercise is any movement that makes your muscles work and requires your body to burn calories. There are many types of physical activity including swimming, running, jogging, walking and dancing to name a few! Being active has been shown to help you both physically and mentally. It may even help you live longer!

Today is all about being more active! Make sure that you all dress up in Thai costumes and join in with our fun community Thai Dance Fit at 1.30pm. Fun for the whole school!

Research shows

that physical activity can help school aged kids in lots of ways:

-  Improves behaviour, self-confidence and social skills
-  Develops co-ordination
-  Improves health and fitness
-  Helps them sleep better

-  Improves attention levels and performance at school
-  Strengthens muscles and bones
-  Maintains healthy weight
-  Improves mood and makes them feel good



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Children should aim for 60 minutes of activity each day. We know that may feel difficult right now but click on the link below to find loads of Disney inspired indoor games and 10 minute shake-up activities to help them stay active whilst at home.

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Indoor Activities for Kids



Kids' Activities and Sports



Don't forget to share your photos and videos participating in this well-being week to dbs5@dbsbangkok.ac.th

Today is the day to celebrate and enjoy healthy food with your family. Why not decide on a healthy meal together and then have fun making it? The link below shows you how to make fun and healthy Mango spring rolls!

 **FRESH & EASY**
MANGO SPRING ROLLS



Ingredients

- Rice paper
- Cucumber
- Carrots
- Mango
- Spring onions
- Mint
- Basil
- Cilantro
- Lime
- Soy sauce
- Rice vinegar
- Sesame oil
- Fish sauce

MORE COOKING RECIPES



Make a sugar swap!

When it comes to cutting down on sugar, even just 1 or 2 everyday swaps can really make a difference to how much sugar your child is eating.

Making a cereal swap at breakfast, popping a lower-sugar yoghurt in their lunchbox, or switching to a slice of malt loaf or a scotch pancake as an after-school snack are just a few of the easy ways to help make a day healthier.

- [make a school-day swap today](#)
- [see the full list of Change4Life sugar swaps](#)
- [discover easy ways to make a swap when you next shop](#)
- [try our sugar calculator to find out how much sugar your child might be eating](#)

How sugar affects our kids

Too much sugar is bad for children's health as it can lead to the build-up of harmful fat on the inside that we can't see. This fat can cause weight gain and serious diseases like type 2 diabetes, which people are getting younger than ever before, and heart disease and some cancers. It can also lead to painful tooth decay.

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Help around the House Wednesday



Children can learn a lot from helping around the house. These chores can help children develop independence, develop skills such as communication, negotiation, cooperation and teamwork. Why not use today to get your children helping you around the house? When children contribute to family life, it helps them feel competent and responsible. Even if they don't enjoy the chore, when they keep going they get the feeling of satisfaction that comes with finishing a task. Sharing housework can also help families work better and reduce family stress. When children help out, chores get done sooner, and parents have less to do. This frees up time for the family to do fun things together.

CHORES by age

Mini Dragons - EY1
 2-3 years old

- Make bed
- Take clothes to laundry
- Put clean clothes away
- Clean up toys

EY2 - Year 1
 4-5 years old

- Load dishwasher
- Set table
- Water plant
- Help feed pets
- Match socks
- Clean room

Year 2 - 5
 6-9 years old

- Sweep
- Sort laundry
- Wipe counters
- Help with meal prep
- Empty dishwasher
- Pull weeds

Year 6 - 8
 10-12 years old

- Take out trash
- Fold laundry
- Vacuum
- Mop
- Clean toilets
- Make easy meals

Year 9+
 13+ years old

- Make meals
- Clean fridge
- Babysit
- Mow lawn

Teenagers (12-18 years) can do the chores they did when they were younger, but they can be responsible for doing them on their own. They can also take on more difficult chores. When choosing chores for teenagers, think of the skills you'd like them to learn.

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Why don't you use today to do something nice for someone else? When we do something for someone else, not only does it help them, it also makes us happier and healthier too. Giving also connects us to others, creating stronger communities and helping to build a happier society for everyone. And it's not all about money - we can also give our time, ideas and energy! Maybe today your children could make a card or gift for someone who helps you everyday, be it a security guard, helper, maid, etc.



50+ ways to be kind

- BE CONFIDENT** use a reusable grocery bag **HANG CLOTHES TO DRY**
- read a **BOOK** **LAUGH OFTEN** bake cookies for a friend
- bike instead of drive **plant a tree** send a nice text to an unknown number
- STAND UP FOR A FRIEND** take some time for yourself **CLEAN YOUR ROOM**
- switch to paperless mail **SEND A POSTCARD** **SMILE**
- carpool to work **exercise** donate your old clothes to charity
- bring toys to a children's hospital **call your grandparents** **SHARE A RECIPE**
- text an old friend **high five a stranger** **babysit for free**
- tell someone you love them **use a travel mug** **ADOPT A SHELTER PET**
- make a bucket list (no start it!) **LOVE YOURSELF** **thank a teacher**
- put a bird feeder in your yard **write a review for a local business**
- tie scarves around trees **Volunteer** **hug a loved one**
- hide a surprise in your favorite library book **congratulate a friend**
- PRACTICE PATIENCE** give socks to a homeless person **DO THE DISHES**
- start a community garden **walk a dog** bring soup to a sick friend
- compliment someone **OFFER TO HELP WITH YARD WORK** **THANK YOUR BUS DRIVER**
- deliver flowers to a well-deserving mother **WRITE TO A PENPAL** **BELIEVE IN YOURSELF**
- PICK UP GARBAGE ON THE STREET** **VISIT A NURSING HOME** **fund an online campaign**
- give a stranger a lottery ticket **DON'T EAT MEAT FOR A DAY** **be kind to every kind**



Action for Happiness is a fantastic organisation, helping to spread happiness around the world!

Random Acts of Kindness is another amazing organisation promoting kindness

Why not use these prompts to get your children thinking about what they are grateful for?

GRATITUDE PROMPTS

1. A **strength** of mine for which I am grateful is...
2. Something **money can't buy** that I'm grateful for is...
3. Something that **comforts me** that I'm grateful for is...
4. Something that's **funny** for which I'm grateful for is...
5. Something **in nature** that I'm grateful for is...
6. **A memory** I'm grateful for is...
7. Something that **changes** that I'm grateful for is...
8. A **challenge** I'm grateful for is...
9. Something **interesting** that I'm grateful for is...
10. Something **beautiful** I'm grateful for is...



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Community Friday



Being part of a community gives us a sense of belonging. It enables us to feel connected and support ongoing growth of ourselves, one another and our environment. Communities bring like-minded people together with similar characteristics and common interests.

Today, the DBS Community will come together to launch the new DBS Community Choir. Join us at 1.30 pm wearing your house shirts to have a good sing-a-long and support one another!

Studies show that singing in a choir improves our mood and decreases stress, depression and anxiety. These effects are often attributed to the deeper breathing associated with singing, that is also used in meditation.



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