



Wellbeing Workout - Antonee 'Jedi' Robinson

USA international and Premier League Fulham FC player

Flex your character muscles and build mental strength through these fun activities.

Curiosity

Questioning things exercises my brain, keeping me open-minded, and engaged with others. Curiosity leads to lower anxiety, and more satisfaction with life.

Kindness

Being kind increases my self-esteem, empathy, compassion and improves my mood. It reduces blood pressure and stress hormones.

Wisdom

Gives me a sense of wellbeing through calmness, gratitude, and acceptance. I can judge which choices and decisions are right.

Curiosity

It is amazing how much you can learn in 5 minutes. Choose a topic to research with a friend. After 5 minutes exploring, report back to each other – did you discover the same things, or find out different information?

Curiosity



Kindness

We can choose to help others. It costs us nothing but is a valuable gift to give. List seven kind acts you can aim to perform over the week. By performing acts of **kindness** each day, we build up healthy habits of helping others.

Kindness



Wisdom



Wisdom

"You're going to have time to grow and figure yourself out".

Make a timeline of your life and all the high and low points. Then, add in the strengths you used at different times and how you have grown because of them.



Wellbeing Workout - Tim Ream

USA international and Premier League Fulham FC player

Kindness

Being kind increases my self-esteem, empathy, compassion and improves my mood. It reduces blood pressure and stress hormones.

Resilience

Bouncing back from difficulties and not being stressed by them, changes how I feel. Resilience can also reduce the impact of past negative experiences.

Teamwork

My brain is wired for relationships and releases oxytocin to help me feel connected to others. Working with others gives me a sense of purpose so I flourish.

Resilience

Try and keep a ball up off the ground for as long as possible. When it gets tough and the ball drops – that's when you need to use your **resilience!**

Kindness



Kindness

Write down some simple acts of **kindness** you could do for someone else. Fold them up (individually) and put them into a bowl. Take turns to choose an act of kindness from the bowl, act it out and see if your classmates can guess what the act is.

Teamwork



Teamwork

Create an agility workout sequence (e.g., 10-star jumps, 2 walks across the room, 3 pencil jumps). In a group demonstrate the sequence then all other groups replicate it. Can you add all the sequences together?!



Resilience

