

WELLBEING WEEK 2024

# Shinefest

CARR JUNIOR SCHOOL



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**After the huge success of the event in 2022, our eagerly anticipated Wellbeing Week- ShineFest - returned for a second year. ShineFest '24 took place in July 2024 and each day focused on one of the five ways to wellbeing.**





Connect

YOGA - FOREST SCHOOLS  
DANCE - READING CAFE  
PARENTS/CARERS ARE INVITED TO JOIN US FOR THE READING CAFE

Keep Learning 

TUESDAY  
ACTIVITIES DAY

Give 

WEDNESDAY  
T-SHIRT DECORATING  
RAINBOW RUN

Be Active 

THURSDAY  
SPORTS DAY - PICNIC  
LOLLY TROLLEY - WATER FIGHT  
PARENTS/CARERS ARE INVITED TO JOIN US FOR SPORTS DAY AND THE PICNIC

Take Notice 

FRIDAY  
ART ACTIVITY - FESTIVAL  
OWL ADVENTURES

Monday 8th July focused on Connect. There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world. It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all ages. With this in mind, we will be tried different things today and made connections.

# Connect





Tuesday 9th July focused on Keeping Learning. Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Anecdotal evidence suggests that the opportunity to engage in work or educational activities particularly helps to lift older people out of depression. The practice of setting goals has been strongly associated with higher levels of wellbeing.

# Keep Learning









# Give

Wednesday 10th July  
focused on Giving.

Participation in social and community life has attracted a lot of attention in the field of wellbeing research. Individuals who report a greater interest in helping others are more likely to rate themselves as happy.

Research into actions for promoting happiness has shown that committing an act of kindness once a week over a six-week period is associated with an increase in wellbeing.









# Rainbow Run





Thursday 11th July focused on Being Active. Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being. Exercise can have the benefit of encouraging social interactions also.

Be Active











Friday 12th July focused on Taking Notice. Reminding yourself to 'take notice' can strengthen and broaden awareness. Studies have shown that being aware of what is taking place in the present directly enhances your well-being and savouring 'the moment' can help to reaffirm your life priorities. Heightened awareness also enhances your self-understanding and allows you to make positive choices based on your own values and motivations.

# Take Notice









