



Come Together

This Wellbeing Wednesday we are thinking about coming together.

Coming together still seems a far way off for many of us but as school students return this week to socially distanced classrooms after such a long time away from the outside world they may be facing many challenges in how to come back together happily.

Today the therapies team have taken inspiration from The Beatles. You too can step out in style on your own zebra crossing and dance or jam with your friends.

Activity:

Lay strips of white paper or lay old sheets or blankets 2m apart along the playground to make a zebra crossing. Each child has their own zebra stripe and small selection of percussion instruments or a drum to play on. Then put on your tunes (we recommend 'Come together' and 'Here comes the Sun' by The Beatles) and get playing and dancing!

Dancing and playing drums not only increases endorphins but studies have shown cardiovascular exercise increase neuroplasticity and aid learning. Perhaps try partnering up with the person on the stripe next to you and mirror their dance moves – it's harder than it sounds! Or as a group take it in turns to play a beat and pass it along the line like Chinese whispers. Don't forget the CEV children still at home, perhaps you could send them a video of your 'Come Together' dance and let them know you're thinking about them.