



We pack more into Packmoor

Wellbeing at Packmoor Ormiston Academy



Packmoor
Ormiston Academy

Take care of your body and mind...

Exercise everyday.	5 a day.
Yoga.	Drink more water.
Be active.	Move to music.
Explore the great outdoors.	Brain breaks.

Be Active

Live life mindfully..

Mindfulness.	Power of positivity.
Meditation.	Listen to others.
Appreciate the small things.	Find ways to bounce back.
Take notice of the world around us.	Breathing exercises.

Take Notice

Connect with people..

Nurture friendships.	Talk to others.
Be comfortable with who you are.	Be creative.
Make new friends.	Be part of something bigger.
	Feel good, do good.

Connect

Do things for others..

Doing good, feels good.	Giving back to nature.
Charitable giving.	Active citizenship.
Random acts of kindness.	School council projects.
Eco-council.	

Give to Others

Keep learning new things..

Everyday education.	Learn something new.
Life skills.	Teach something new.
Set goals.	Problem solving.
Gratitude is my attitude.	Personal journey.

Keep Learning

