

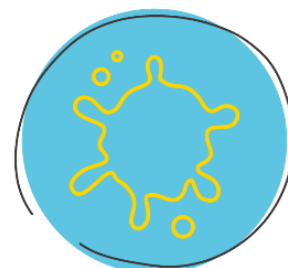
Wellbeing Workout

Staying Home, Staying Resilient with Shakespeare

Discover – his amazing life using audio, timeline, video, written story and quiz.

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Creativity

Creativity – what can you write while you're at home? Use some words invented by Shakespeare! "Eventful", "monumental", "heart of gold" – or find some others.

Gratitude – "I can no other answer make but thanks and thanks, and ever thanks" – can you list 50 things you are grateful for?

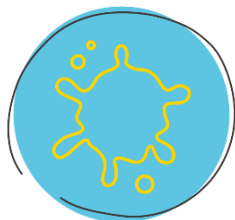


Empathy

Empathy – Shakespeare was brilliant at empathy – he put himself in the minds of others. Consider a character in a book you are reading – what are they thinking, seeing, feeling?



Gratitude



Creativity

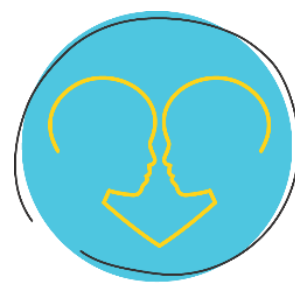
Creativity – can you make up some words of your own and use them to write a poem, story or haiku?

Gratitude – think about who you are grateful to and why. Write a card or email to thank them. For example, you might like to thank NHS staff with a card or social media post.
#ThankYouNHS



Gratitude

Learn – develop concentration and focus by learning a poem or a speech from a play. Try *Macbeth* Act IV Scene 1; Sonnet 116; *A Midsummer Night's Dream* Act II, Scene 1. Find more [here](#).



Empathy

Empathy – in difficult times it's natural to think of our own needs and worries. But can you consider someone you know who might also find this time difficult? Can you think of how you can help them?

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