

# Wellbeing Workout

Staying Home, Staying Resilient with Aneurin (Nye) Bevan

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

Free access during school closures via:




[www.amazingpeopleschools.com](http://www.amazingpeopleschools.com)



Collaboration

**Gratitude** – Bevan's shining achievement was the creation of the NHS.

Today we all want to show our deep gratitude to those working in the health service. Can you show your gratitude by drawing a picture, writing a poem or singing a song and posting on social media using #HealthcareHeroes or #ThankYouNHS

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**Collaboration** – the creation of the NHS was a massive team effort. Can you work together with someone in your household to create a song or cook a meal?



Fairness

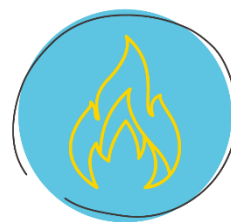


Gratitude

**Fairness** – it can be hard when everyone is worried and anxious. Have you done your fair share today? That includes not only doing schoolwork, exercise and having fun but also helping at home.

**Motivation** – Bevan had a strong belief that everyone should have free health care.

What motivates you?  
Develop a board of ideas, representing what you intend to achieve in your life.



Motivation

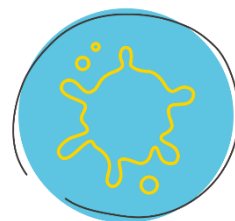
**Fairness** – think about who you connect with online and whether you are behaving fairly – in what you say and how you include others. Treat others as you would want to be treated.



Fairness



**Collaboration** – hold an Eisteddfod\* at home or online – everyone chooses their favourite songs, dances or poems to perform solo or as a group!  
\* A Welsh festival of song, dance and poetry.



Creativity

**Creativity** – rarebit is a traditional Welsh dish that includes melted cheese and other ingredients. Can you invent a new rarebit-style dish for your household to try together? Chocolate and banana rarebit? Cheese and avocado rarebit?

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Please share your creations or ideas with us on social media.



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