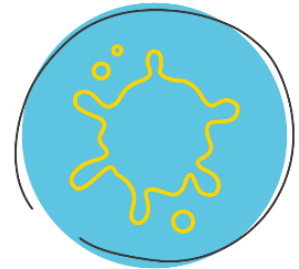


# Wellbeing Workout

## Staying Home & Staying Resilient With Shakespeare

**Discover** – his life and the challenges he overcame using audio, timeline, video, quiz & written story.

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



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?

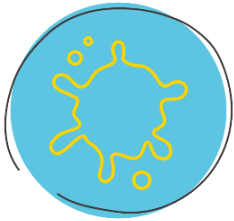


Empathy

**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 healthcare staff with a card or social media post. #WeApplaud



Gratitude

**Empathy** – in difficult times, it is natural to think of our own needs and worries. But, can you consider someone you know who might also be finding things difficult? Can you think of ways to help them?



Empathy

**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](#).



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