

“Wellbeing Wednesday” – Series 2

Wellbeing Wednesday was launched by Cullompton & Culm Valley Youth Forum in the lockdown of 2021 to support members of the local community (online) during this difficult time.

Katie Arscott, a Wellbeing Practitioner and Yoga Teacher, recorded a weekly series of talks on a range of wellbeing themes, as one as a resource for children and parents/teachers, and one aimed at teenagers & adults.

Culm Valley residents are very welcome to access these videos for personal use.

If you wish to find out more, or share them more widely please contact katie@simplewellbeing.co.uk

WEEK	DATE	VIDEO TITLE	AUDIENCE	LINK TO VIDEO
1	9 th June	A little look at Anxiety & other things!	Teen & Adult	https://youtu.be/P-r5xM9esUM
		Rainbow Breath	Kids	https://youtu.be/Zn5wQ1KsJkQ
2	16 th June	Pillow Fight	Teen & Adult	https://youtu.be/HXSglSc_luQ
		Being Kind and Mindful	Kids	https://youtu.be/d2qsB0um-4E
3	23 rd June	Walk Slowly Poem	Teen & Adult	https://youtu.be/teKlK-VK9PA
		Bucket Filling Story	Kids	https://youtu.be/Chc0HViMN_I
4	30 th June	Letting Go Poems	Teen & Adult	https://youtu.be/oL17ltwaiTY
		Little Acorn	Kids	https://youtu.be/NsdZGWTl84A