

What is “Wellbeing Wednesday”?

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	3 rd Feb	“Monty the Manatee” by Natalie Pritchard	Kids	https://youtu.be/pHH9S2abQTK
2	17 th Feb	"Unstoppable You" by Wayne Dyer	Kids	https://youtu.be/CEVI8yXzy7A
		Love and Self Care	Adults	https://youtu.be/UWgCuW0tIME
		Teen Yoga Introduction	Teens	https://youtu.be/sominVOlpOE
3	24 th Feb	"Unstoppable You Part 2" by Wayne Dyer	Kids	https://youtu.be/spORWKuKakw
		Let's Rest (Yoga)	Teens	https://youtu.be/ghNGDXjittqE
		Simple Living	Adults	https://youtu.be/R_7tZPmiCMs
4	3 rd March	Rainbow Breath	Kids	https://youtu.be/Zn5wQ1KsJk0
		Rest	Adults	https://youtu.be/A5n6vEQTQUg

5	10 th March	Breathing Superpower	Kids	https://youtu.be/o90mO4SCdck
		Pillow Fight	Adults	https://youtu.be/HXSglSc_luQ
6	17 th March	Firework Breath	Kids	https://youtu.be/ZmAiWh6vIEI
		Happiness	Adults	https://youtu.be/s1DMWncqSNk
7	31 st March	Being Kind and Mindful	Kids	https://youtu.be/d2qsB0um-4E
		"Walk Slowly" Poem "Pause" Poem	Adults	https://youtu.be/teKIK-VK9PA https://youtu.be/b-Q4EsHb3Mc
8	7 th April	Being Grateful	Kids	https://youtu.be/ztcZoX-Yag8
		"Anxiety"	Adults	https://youtu.be/P-r5xM9esUM
9	14 th April	"Have you filed your bucket today?"	Kids	https://youtu.be/Chc0HViMN_I
		"Letting Go" Poem	Adults	https://youtu.be/oL17ltwaiTY
10	28 th April	"Little Raindrop"	Kids	https://youtu.be/BJ3s6wB32rc
		A gentle Yoga Class	Adults	https://youtu.be/qZFT0s7PnvY
11	5 th May	"Little Acorn"	Kids	https://youtu.be/NsdZGWTl84A
		Birthday Rest	Adults	https://youtu.be/Gk3l0Co-a8g