

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these challenging circumstances. There is no expectation to complete these tasks, just there for you to use as you wish.

Five Ways to Wellbeing

At school we promote the 'Five Ways to Wellbeing' approach which is all about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact. Here are some activities you can try at home that link to each area. Have fun and let me know how you get on with them or put them on Twitter!!!!

Connect	Be active	Take Notice	Keep Learning	Give
<p>Lego challenge Can you create your dream house out of Lego? Who in your house can build the tallest Lego tower?</p>  <p>What's on your mind? Talk about the things that are worrying you or you feel unsure about. It can really help to talk things through!</p> <p>Calm corner Create a calm, comfortable corner someone in your home. Spend some time there when you need to relax.</p> 	 <p>Put on your favourite music and dance around the room! How does it make you feel? What sort of movements do you enjoy making?</p>  <p>Lyrics Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them?</p> <p>Happiness Playlist</p>  <p>Create a playlist of songs that make you feel good! Share it with friends and family so they can use it too. Which songs have you included and why? How do they make you feel?</p>	<p>The Story of You! Write a story with you as the main character. You can be anything you want to be – a superhero, a spy, or simply your amazing Where you go? What will you see?</p>  <p>self! will</p> <p>Who are you? Draw your thumbprint in as much detail as you can. Write about yourself between the lines to express who you are... I am creative, I am a kind...</p>  <p>Use your favourite colours!</p> <p>Scavenger hunt Go on a scavenger hunt around your home, finding different things that represent you and your family.</p> 	<p>Dress to Express Day! Create something to wear on 'Dress to Express' day this Friday. You could decorate something you already own or make a hat or accessory to express yourself. Use your favourite</p>  <p>colours, patterns and shapes!</p>  <p>Happy Box! Make yourself a box of all the things that make you feel happy and safe. You could use an old shoe box and decorate it. You can look at this when you are feeling scared or worried</p>	<p>A-Z Emotions How many different emotions can you think of? Can you name an emotion for each letter of the alphabet?</p>  <p>How will you be kind today? Acts of kindness always are always a great idea for our own and others' mental health. Try to think of at least 5 kind acts to do!</p>  <p>What are your proudest achievements and how did they make you feel? Try to think of a small goal to work towards each day so you can feel that same sense of achievement.</p> 

Try some weaving using different colours of thread or wool. Create your own pattern looking at the sequence and actions. Think of your breathing as you weave.

Mindfulness Practices



Paint a pebble – put a word to describe what the person means to you or just to say thank you.



Poem by Becky

Never give up,
Never give in.
Move onward and upward with strength from within.

Always believe,
Always look forward.
Never be the one who is seen as a coward.

Remember the past,
Look for the future.
Always remember it's often good to be obscure.

You are special,
You are unique.
To go far in life is what you should seek.

You are brilliant,
You prove to be amazing every day,
And there is someone who will love you in every way.