

Wellbeing Newsletter No. 12

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.

Remember to email your teacher or post on Twitter – we've got this!!!!!!

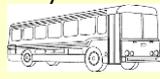
Five Ways to Wellbeing

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 is an explanation of each one. More ideas/activities will be added in the next newsletter. I'd love to hear how you're getting your 'Five a day.' You can email me or put your 5 a day on twitter or Instagram.

Designed by Amanda Kyle

Introducing our new 'Wellbeing' logo for our Wellbeing Curriculum. You may start seeing this symbol around school - on doors, on books, intervention / support rooms and in class rooms. Elms Bank believes that your Wellbeing is really important and we felt that having our own logo supported everyone in our school community.



Connect	Be active	Take Notice	Keep Learning	Give
<p>At school - speak to someone new. Smile and speak to someone as you pass them in the corridor.</p>  <p>Find an old photo of friends or family and share it with them.</p>  <p>Ask a friend about their weekend and pay attention and listen when they tell you.</p> <p>Write a letter or send a postcard to someone.</p> 	<p>Get off the bus one stop earlier and walk the final part of your journey.</p>  <p>Make bread – its hard work!</p>  <p>Try crazy golf or bowling with your mates.</p> <p>Have a Wii fit competition.</p> <p>Try out a new exercise class like yoga or Zumba.</p> 	<p>Tray Games - Put a number of objects on a tray or table. Name each object. Cover the tray with a cloth then remove an object. See how many have been removed – You could draw all objects and see if you got them all.</p> <p>Try a new food and then notice how different it tastes and feels.</p> <p>Take notice of what you are thinking. Not to judge or be hard on yourself, but just to be more aware of what you are thinking.</p>	<p>Research something you've always wondered about.</p> <p>Go to a quiz or host one among your friends.</p>  <p>Use a dictionary for words you don't know.</p> <p>If you hear something you don't understand, google it straight away.</p>  <p>Download a random fact app</p>	<p>Give some food to a food bank.</p> <p>Raise money for charity.</p>  <p>Be a good role model.</p> <p>Learn how to put someone in the Recovery Position.</p> <p>Volunteer for an extra responsibility at school or college.</p> <p>Take action to improve your area – litter pick.</p>

Logging your five ways of wellbeing

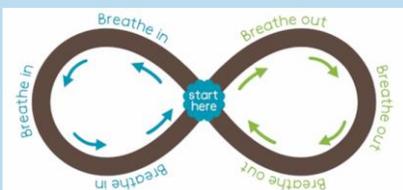
	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BE ACTIVE	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊
NOTICE	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊
LEARN	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊
GIVE	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊
CONNECT	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊	😊😊😊😊
HOW DO YOU FEEL OVERALL TODAY	😊😊😊	😊😊😊	😊😊😊	😊😊😊	😊😊😊

Keep a note of all the activities you have done. Share with your friends and teachers. You never know they may try some things you have achieved.



Take a photo of all your activities. It's amazing what you can do when you put your mind to it!

Mindfulness Practices



LAZY B BREATHING

Start with the eight on its side and start in the middle

Go up to the left and trace the left part of the B with your finger while you breathe in.

When you get to the middle of the eight again, breathe out while you trace the right part of the B with your finger.



<https://www.youtube.com/watch?v=029e4rRMrv4>

This is about focussing on the shape of the rainbow by lifting your arms above your head and lowering them slowly and carefully – making sure you have your palms of your hands facing upwards as you bring them down. Breathing in as you lift your arms and out as you lower them. Being in control

