





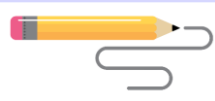
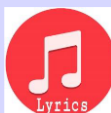










Wellbeing Newsletter No 14

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing. 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 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>You find large stones and paint them! You can paint them in any way you want. You might have a logo you like, or can make them look like a ladybird or write a positive message on them.</p> <p>Bubble relaxation: Get a bubble pot or mix washing liquid with water. Gently blow the bubbles and watch them drift off into nature.</p>  <p>String Things: Using 1m of string, make a Cat's Cradle. How many different patterns can you make on your hands?</p> | <p>Splash some paint in the colours that show your emotions! (Make sure you check with an adult and use an apron/table covering.)</p>  <p>Fill bottles with water and make a bowling game. Give each pin a number and add them together to see who can get the highest score. Multiply numbers for a harder challenge</p>  <p>Make a hopscotch grid using things from nature - twigs, pebbles etc. and play hopscotch together.</p>  | <p>Take your pen or pencil for a walk around the page without taking it off. What shapes can you see? What could your lines represent?</p>  <p>Sing along to a song you like. What do the lyrics mean to you? How do you feel when you sing them?</p>  <p>Different weather: Go out in two different weathers. Compare sights, sounds and smells.</p>  <p>Patterns in nature.</p>  <p>Spotting bird formations.</p>  | <p>Japanese Art of Hapa-Zome: It means leaf dye. Pound plants and leaves to release their dye onto a cloth.</p>  <p>Story Stick: Tell a story using natural materials attached to a stick. (Double sided tape needed.)</p> <p>Make repeating patterns using pebbles, leaves, twigs etc.</p>  <p>Bird feeders: Make a bird feeder to attract more birds to our field and hedges.</p>  | <p>Grow herbs (especially mint) in little pots and give as a small gift to family or community members.</p>  <p>Make daisy chains or weave willow bands to give to friends or family members.</p>  <p>Be kind to nature (give to wildlife) build a bug hotel, squirrel or bird feeder.</p>  <p>Litter pick for your community.</p>  |

Mindfulness with Nature



If you see me in your garden, please add some food (raw unsalted meat, mincemeat... I also like cat pellets, but not the fish type) and water. **Do not give me milk** - it causes stomach problems and can make me really ill (die). But I love milk so when I see it I will drink it. Do not put insecticides down or traps - I am harmless and I help in your garden because I feed on insects that attack your flowers and vegetables. Help me to stay alive!



What animals can you see in the photos – These sculptures can be found in Heaton Park



Self-reflection activity

MOVE ON... Sea Change
For when we need to let go of a feeling.

Instructions
Gather Reflective Journal, pen, watercolour pencils, paint brush
Emotions are a bit like waves... they can build up, crash over us and surround us - but then they wash away. Stopping to take notice of our feelings helps us understand that we can't change emotions or stormy seas, but they will disappear as they pass.

Ready? Picture yourself on a boat. Somewhere about 1/3 way down the blank page, use a pencil or pen to draw your boat with you on board. (Use 'Your Boat prompts' for ideas)

Next Around your boat, draw the sea on an angry day. Think about how you might show an angry sea. (Use 'The Sea prompts' for ideas)

Then Use a paintbrush and a little water to smooth your lines. Blend the colours until your sea is calm.

Finally Look at your artwork - your boat stayed the same but things changed around it. Can describe the sea voyage? Think of a good name for your brave boat which survived the rough sea.

MOVE ON... Sea Change
Sea Change Prompts

Your Boat Prompts
Is your boat tiny or huge?
Does it have sails?
Portholes?
Funnels?
Oars?

The Sea Prompts
What sorts of lines will you use?
How hard might you press the pencil?
What colours suit the angry sea and skies?
Imagine how you might feel aboard your boat in this storm.
What words come to mind?

Is your boat...
A yacht?
rowing boat?
ferry?
sailing boat?
fishing boat, raft?
Or canoe?

The water can change

Look at your boat and ask yourself...
How does it feel to be on my boat now?

Nature activities: Make a Rainstick!

Rainsticks mimic the sound of rain.

To make a rainstick, paint or decorate a cardboard tube.

Cut a strip of aluminium foil and tightly roll.

Twist the foil to make a spring and put it into the tube.

Cap one end with paper and a rubber band.

Add dried beans, pasta or rice.

Cap the other end to complete your rainstick!

Mindfulness Craft Activities



IT'S OKAY

- * TO MAKE MISTAKES
- * TO HAVE BAD DAYS
- * TO BE LESS THAN PERFECT
- * TO DO WHAT'S BEST FOR YOU
- * TO BE YOURSELF.



