

Wellbeing Newsletter No. 2

Welcome to Wellbeing newsletter no. 2 where you will find some suggestions, website links and advice for supporting your child's mental health and wellbeing whilst we are away from school.

I'd love to hear what you've been up to and if you've tried any of the activities let me know how you get on. You can send me photographs too.

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. Don't forget to put it on Twitter or email your teacher!

Connect	Be active	Take Notice	Keep Learning	Give
<ul style="list-style-type: none"> We all like to get cards on our birthday but why wait until then? Let someone special know you are thinking of them by surprising them with an un-birthday card you've made. Make a picture on the front of your card and then add words to personalise it, eg 'Happy Un-Birthday'; 'Thank-you for...'; 'You're great!' Write a message inside the card and give it to your chosen person. 	<ul style="list-style-type: none"> In 3 minutes how many times can you complete this circuit: 10 x star jumps, 10 x burpees, 10 x press ups, 10 x squats. Can you create a circuit for another 3 minute challenge? Try a bit of Zumba https://youtu.be/FHo9QaJ1Dyl 	<ul style="list-style-type: none"> When you're out on a walk or in your garden, take a couple of elastic bands, find a stick and create a journey stick by attaching interesting things you find along the way. You could vary it by collecting certain colours only or by trying to make the brightest journey stick you can. Mindful minute – this is great to try if you are anxious, angry or upset and it can help you feel calm. Spend 60 seconds focussing only on your breath. 	<ul style="list-style-type: none"> Try out something new – trying something new can be a bit scary at first but it can also be lots of fun and a source of ideas. Here are some new things to try: create a new outfit from recycling old clothes and accessories, start a new hobby, learn a new game, listen to and learn a song by a musician you've not heard before. Break the rules – think of a game you like to play. How can you be creative and change the rules to make a new game? 	<ul style="list-style-type: none"> Give someone an appreciative note for no reason. Use sticky notes to write positive messages and stick up around the house for someone to find. Think about music/songs that make you feel good. Write a song or create a 'make you feel good' playlist and dedicate it to someone.

The basic breathing technique was shown in Newsletter 1.

Day 2 - Understanding and Working with Thoughts

You could frame this activity by outlining thoughts. Mindfulness can help us to become more aware of our thoughts without judging them – they are what they are! We all have thoughts in our head all of the time but we don't always notice them. It's like music, which is on loop in the background when we are busy with other things. When we are still and focus on what's happening in the moment we can become more aware of our thoughts – it's like pressing the pause button! When we are more aware of our thoughts we become more in control of them.

Then move into the breathing exercise. Remind the pupils not to judge their thoughts but to just notice them and let them be.

Five Minute Mindful Breathing Exercise

Sit in a comfortable position, keeping your back straight so that it is not touching the back of your chair. It may be helpful to move to the front of your seat so that you can feel your sitting bones.

1. Close your eyes if you feel comfortable or soften your gaze and look at the floor.
2. Scan your body and notice how you feel.
3. Notice the sensations of each breath as it happens – don't try and control the breath, just notice it.
 - Focus on the breath going into your nostrils and out through your mouth.
 - Pay attention to the rise and fall of your chest.
 - Notice the rise and fall of your belly as you breathe.
4. Notice any thoughts flowing through your mind.
5. After five minutes, take one more breath and feel your feet firmly on the ground. Notice the noises around you and come back to the here and now. When you're ready, gently open your eyes.

Attitude of gratitude

- Focus on breathing as outlined previously.
- Think of one thing that you're grateful for and keep this image in your mind.
- What feelings or sensations do you notice?
- Continue this for a few minutes.



Bubble mindfulness

- Focus on breathing and pay attention to any feelings.
- Now pay attention to any thoughts.
- Do you have any sensations in your body?
- Notice all three.
- If there is anything that you would like to let go of, put them all in a bubble and blow them away.
- Continue this for a few minutes.



'We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.'
Mother Teresa

Conversation Corner

Some questions to discuss in your families:

- Which season is your favourite and why?
- If you could choose your own name, what would it be?
- Which animal is your favourite and why?