

Wellbeing Newsletter No. 6

Hope that you are all keeping well and safe and looking forward to the half term holiday.

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.' Let's celebrate by sharing them with friends and family via Twitter or Instagram – we are to support.

Connect	Be active	Take Notice	Keep Learning	Give
<p>Connect with the people and surroundings around you.</p> <p>Online platforms are a great way to enable us to see family and friends as well as speaking on the phone.</p> <p>However, you stay in contact with others simply talking about how you feel can make a big difference and sharing things that you have done or going to do.</p>	<p>Current guidance says that everyone is able to go out each day for a walk, cycle or run.</p> <p>There are lots of online workouts covering a wide range of activities and abilities that can be done within the home. If you have access to a garden or outdoor space you can use this to get active.</p> <p>Joe Wicks is back with us – let's set our goals with a positive workout.</p>	<p>Being aware of the world around you and what you're feeling.</p> <p>Mr Peachman has set a challenge of planting seeds and growing vegetables.</p> <p>Also, when going outside for your daily exercise, take a few moments to notice the feelings of fresh air and sunshine on your face.</p> <p>See Ms Taylor YouTube wellbeing video</p> <p>Listen to the sounds around you. What do you notice?</p>	<p>Learning something new or improving a skill you already have is great for giving a sense of achievement.</p> <ul style="list-style-type: none"> - Making bread - Learning about another country - playing a new game <p>Set yourself a challenge and enjoy the steps you take in attempting to master it. More than ever, there are also lots of School YouTube videos to watch and classes to access which cover a wide range of activities.</p>	<p>There are ways you can help others while still following the guidelines. Do something kind for a family member or friend. Thank someone. Smile.</p> <p>It is coming into Spring soon and it is time to have a clear out – clothes toys, books.</p> <p>Ask a family member if they need any help in completing a household job, eg hanging out the washing or assist with meal preparation.</p>



