

Wellbeing Newsletter No. 7

Hope that you are all keeping well and safe and have had a lovely half term.

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.

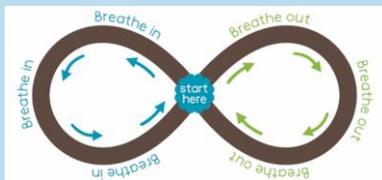
| Connect | Be active | Take Notice | Keep Learning | Give |
|--|--|---|---|--|
| <p>Connect – join in with the online lessons.</p> <p>Online platforms are a great way to enable us to see family and friends as well as speaking on the phone.</p>  <p>Share your thoughts and feelings – we are allowed to have good and bad days. It's how we move on – so why not try some mindfulness activities. See the sheet for ideas.</p>  | <p>Keeping active is really important – it helps us stay fit but also gives us the energy to keep going. Sometimes we just don't feel like it. You don't need to go out to exercise you can do lots in the house – so give these a go!</p> <p>Walking up and down the stairs 10 X</p> <p>Standing at the bottom of the stairs - step up on to the first step and down 20 X</p> <p>Sit on a chair and get stand up then sit for 20 X</p> <p>See if you can do this every day!!</p> | <p>Mr Peachman set a challenge of planting seeds and growing vegetables.</p>   <p>How many of you took the challenge on? Don't forget to share your pictures.</p>  <p>Did you go for a walk? What did you notice – Mr Brown went in search for different types of birds.</p> | <p>Learning something new or improving a skill you already have is great for giving a sense of achievement.</p> <p>Here are a few ideas</p> <ul style="list-style-type: none"> - knitting or finger knitting - learning how to say hello in another language bonjour! - write a comic strip of your day - read a book <p>These are great!</p> <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="border: 1px solid black; padding: 5px; margin-left: 10px;">The girl who drank the moon</div> </div> <div style="display: flex; align-items: center; margin-bottom: 10px;">  <div style="border: 1px solid black; padding: 5px; margin-left: 10px;">All of Me</div> </div> <div style="display: flex; align-items: center;">  <div style="border: 1px solid black; padding: 5px; margin-left: 10px;">Dog Man Mothering Heights</div> </div> </div> | <p>Whether it's giving a friend a hand, throwing your weight in behind a cause that matters or just supporting other people in some way. Comic Relief is coming up</p>  <p>Giving is like gold-dust for our mental wellbeing.</p> <p>Think of things that you can do at school.</p> <ul style="list-style-type: none"> - Hold the door open for someone - Do a chore for your family. |

Mindfulness

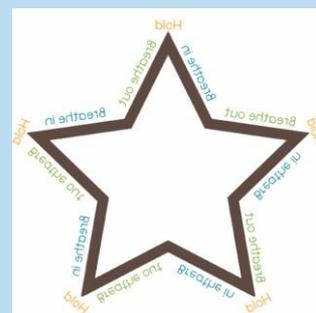


LAZY 8 BREATHING

Start with the eight on its side and start in the middle
Go up to the left and trace the left part of the 8 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 8 with your finger.



Using your finger tip follow the shape



Start at any "Breathe In" side on the star.
Trace your finger over the "breathe in" side of the point
Hold your breath when your finger gets to the tip of the point
Breathe out as you trace your finger over the other side of the point.
Keep going until you reach where you started.
When you trace the whole star, you will have completed 5 deep breaths

Challenge time!



Mood Board

Make your own mood board. You can put anything on it because it is all about you. Use colour textures and drawings, cut out pictures, and write a poem or song. Let's get creative



| | |
|-----------|---------|
| Angry | Loved |
| Annoyed | Nervous |
| Bored | Proud |
| Confident | Sad |
| Happy | Shocked |

Whatever you decide to do make sure it makes you happy.

Paulo Coelho

YourTango