

Wellbeing Newsletter No 8

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 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.

Connect	Be active	Take Notice	Keep Learning	Give
<ul style="list-style-type: none"> • Smilers Challenge – how long can you stare at each other without smiling? • Read a book – share a book with someone at home and take turns with the storytelling. 	<ul style="list-style-type: none"> • Den building – build a den inside or outside. • Dance – can you share five different moves with someone at home? Can they do the same back? 	<ul style="list-style-type: none"> • Mindful or Mind Full? People often think that being able to do lots of things at the same time will get more done. However, the opposite is true. By being mindful and focussing on one thing at a time, you can get much more done and it can help to feel calmer. <p>Draw a picture to show what it's like to have your mind full in this way. Then draw a second picture to show what your mind is like when you feel calm and focussed.</p> <p>Look at your pictures:</p> <ul style="list-style-type: none"> • Which version shows your mind right now? • When is your MIND FULL? • When are you MINDFUL? • What could you do differently so that you feel MINDFUL more often? 	<ul style="list-style-type: none"> • Spark up your creativity Imagine you're an alien who has just arrived on Earth from another planet. You see a sock for the first time but don't know that it goes on a foot (you may not even have seen a foot). How many creative ways can you think of to use the sock? <p>There's no such thing as a bad idea in this challenge. Let your imagination run free!</p>	<ul style="list-style-type: none"> • Message – record or write a message for someone in your family. • Dressing up – dress up in someone else's clothes or as a character. Put on a show. Make someone laugh.

Mindfulness

Mindfulness in Daily Life

There are ways to bring mindfulness into our everyday lives to be more present in the moment. Some examples could include: being more mindful of the moment that we are in and bringing our mindful attention to everyday activities, eg, brushing our teeth, travelling to school, shopping, eating.

Here are some ways that you might practise mindfulness in daily life:

- ☺ Having a more curious attitude to life.
- ☺ Being more non-judgemental about our thoughts and feelings.
- ☺ Using the breathing techniques if you are feeling stressed, eg before a test.

- ☺ Becoming more aware of our bodily sensations in the moment (ie quick body scan) – ‘checking in’ with what’s going on for us.
- ☺ Being more aware of any negative thinking.

The basic breathing technique was shown in Newsletter 1.

Colour spotting

- Pick a colour.
- For the next few minutes, ask the pupils to look around the classroom and just pay attention to anything that is that colour or has that colour in it.
- The aim is for you to simply notice this.



Balancing

Balancing can be a fun way to investigate mindfulness of the body.

- Balance on one foot.
- Pay attention to the muscles working to keep you balanced, the way it feels to tip to one side, and the natural reaction to put the other foot down when you feel like you may fall.
- You could try doing different things such as raising a hand, switching legs, or taking a deep breath and noticing how you feel. You’ll need to pay attention so you don’t fall.
- Continue this for a few minutes.

**‘Accept what is,
let go of what
was, and have
faith in what will
be.’**

Conversation Corner

Some questions to discuss in your families:

- What would be a wonderful day out?
- What is your favourite game to play?
- If you are bored, what do you do about it?
- What is something fun to do that doesn’t cost any money?
- What would be a useful invention for the future?