

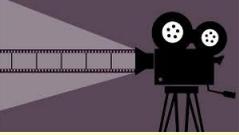
Wellbeing Newsletter No. 13

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

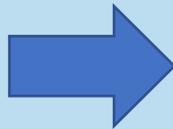
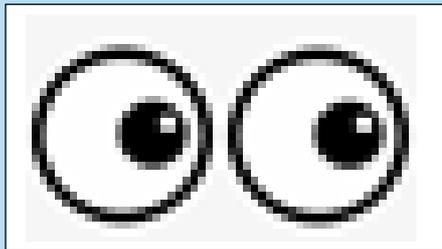
At school we promote the 'Five Ways to Wellbeing' approach which is all about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact. Here is an explanation of each one. More ideas/activities will be added in the next newsletter. I'd love to hear how you're getting your 'Five a day.' You can email me or put your 5 a day on twitter or Instagram.

Connect	Be active	Take Notice	Keep Learning	Give
<p>Send a positive text message to 10 of your friends.</p> <p>Make sure you get >8 hours sleep tonight. Note how you feel the next day.</p> <p>Stay off social media for >3 hours straight and keep yourself occupied.</p> <p>Draw around your hand and create a henna design.</p>  <p>Draw your favourite animal using geometric shapes.</p>	<p>Go on YouTube and try....</p>  <p>Build the tallest Tower you can with a single piece of A4 Paper.</p> <p>Stretch and move your body any way that feels good for 10 minutes.</p> <p>Make an indoor herb garden. Search You Tube: growing and indoor organic herb garden (Kids & Eco friendly)</p> <p>Create scenery and props for your short film.</p> 	<p>Wake up early to watch the sun rise and see how beautiful it is.</p>  <p>Find a documentary on BBC iPlayer and watch it.</p> <p>Download a mindfulness App (CALM) on your phone.</p>  <p>Make a scrap book of last year's adventures.</p> <p>Research places you would like to travel to in your life time.</p> 	<p>Research three jobs/career paths that you are interested in.</p> <p>Look up origami and learn how to fold a crane.</p>  <p>Find a learning podcast and try it out!</p> <p>Create a digital photo collage using 5 images.</p> <p>Read 20 pages from the book you are reading or start a book</p>  <p>Try out this cool podcast Brain on!</p> 	<p>Do the washing up today for at least 2 meals.</p>  <p>Leave three happy notes for someone else to find in your house.</p> <p>Call a relative or friend who is far away and have a chat with them.</p>  <p>Make a breakfast for a family member.</p>  <p>Organise your wardrobe. Give away what you don't need or want.</p> 

Self - Reflection

My favourite...

Place	Book	Singer
Animal	Person	Teacher
Colour	TV show	Toy
Food	Song	Class
Friend	Holiday	Sport



The way I see myself

Circle the statements that describe you

I am often unhappy

I am moody a lot

I have many talents

I don't say how I feel

I like to fight

I do embarrassing things

I worry a lot

I work hard

I am shy

I am funny

I have many friends

I am lazy

I am good at sharing

I am boring

I care about the way I look

I talk too much

I like to help people

I do what others tell me

I am loud

I like to laugh a lot

I get angry easily

Nobody likes me

I'd rather be on my own

I follow rules

I like to be bossy

I am smart

I get others into trouble

I am mostly happy

Mindfulness Practices

How do you relax your mind when you feel stressed or anxious?

Positive me

Things I am good at	Things I am proud of	Things I help others with
Things I like about my body	What my friends like about me	Nice things my family say about me

