Hillary Primary School
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Thrive News Letter

April 2024

Issue 2

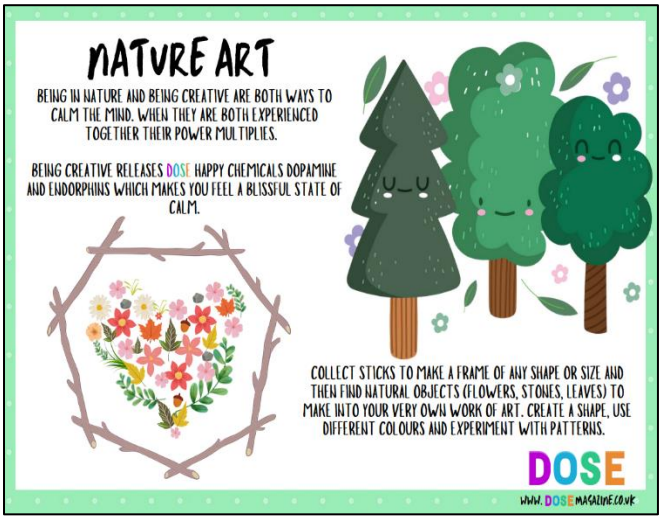
Hillary Primary School

We celebrate diverse completeness - We Thrive in our uniqueness

Spring Activities

Creativity

Being Creative boosts our **Endorphins.** Try out this fantastic Nature art activity and see how happy it makes you. You could even turn it into a competition with your family and friends to get some **Dopamine.**





Physical

Exercise is a great way to boost our **Serotonin** levels. There are simple easy ways to exercise, like walking for example. See if you can reach your 10,000 steps goal today!

Healthy Eating

Eating healthy foods, and cooking with our loved ones boosts out levels of **Oxytocin**. Banana is a super food, so why not try out this simple recipe with your family.



Welcome Back!

This is the second issue of our **Thrive** Newsletter.

In this issue, we will be giving you some wonderful activity ideas that you can do with your children at home to reinforce their social and emotional development. We will also be teaching you about **DOSE** – our happy hormones and how to get them.

Don't forget to check out the **Thrive** page and the **Hillary Health Hubs** on the school website. They offer plenty of great ways you can improve social, emotional and physical health for you as parents and for supporting your children.

Happy Hormones

In our bodies, we have lot of hormones. Hormones are chemicals our bodies make that are responsible for controlling different bodily functions. The ones we are concentrating on are our **Happy Hormones**. We have 4 core emotions: **Happy**, **Sad**, **Scared** and **Angry**. When we aren't feeling happy, it is important to first understand why by listening to our body. Afterwards, it is just as important to make ourselves feel better again – we do this by doing something that boosts our happy hormones. Below you will learn about the 4 different ones we produce, why we need them and how we can boost them…



How to Boost Dopamine:	How to Boost Oxytocin:	How to Boost Serotonin:	How to Boost Endorphins:
Playing a Board Game	Try Something New	Any form of pulse raising Exercise	Relaxation, meditation and mindfulness
Self-Care & Praise	Play with Pets	Spending time in Nature	Laughter
Achievement & Goal setting Practices	Play, cook & chat with Family & friends	Getting enough sleep	Creativity
