



Wellbeing Newsletter Monday Motivators

Issue 3 October 5th, 2020

Each week we will focus on one of the 5 ways to wellbeing. This week we are going to **“give”**. Can you spend this week focussing on giving to others and looking after yourself?



Each day think of what you can give, who you can give to, and how it improves your own wellbeing.

Random Acts of Kindness {for kids}

1. Write a friendly note or draw a chalk picture on your road.
2. Pick up rubbish outside.
3. Give someone a compliment.
4. Say hello to 3 people you have not spoken to before.
5. Donate to charity.
6. Bake a treat for a friend.
7. Phone someone you haven't spoken to in awhile.
8. Smile at everyone you see.
9. Offer to help someone you know.
10. Tidy up for someone else.

St. Gregory's
Monday Motivators
Nursery: George/Ellie
Reception: Freddy
Y1: Layla
Y2: Benjamin
Y3: Billy
Y4: Betsy
Y5: Jude
Y6: Angelica

Optimistic October:
<https://www.actionforhappiness.org/optimistic-october>

ACTION CALENDAR: OPTIMISTIC OCTOBER 2020

"Choose to be optimistic. It feels better" - Dalai Lama

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 Start your day with the most important thing on your list	6 Do something constructive to improve a difficult situation	7 Remember that things can change for the better	8 Make progress on a project or task you have been avoiding	9 Avoid blaming yourself or others. Just find the best way forward	10 Take time to reflect on what you have achieved this week	11 Focus on a positive change that you want to see in society
12 Look for the good intentions in people around you today	13 Put down your To-Do list and let yourself be spontaneous	14 Do something to overcome an obstacle you are facing	15 Look out for positive news and reasons to be cheerful today	16 Thank yourself for achieving the things you often take for granted	17 Share your most important goals with people you trust	18 Make a list of things that you are looking forward to
19 Set hopeful but realistic goals for the week ahead	20 Find the joy in completing a task you've put off for some time	21 Let go of the expectations of others and focus on what matters	22 Share an inspiring idea with a loved one or colleague	23 Write down 3 specific things that have gone well recently	24 Recognise that you have a choice about what to prioritise	25 Plan a fun or exciting activity to look forward to
26 Start the week by writing down your top priorities & plans	27 Be kind to yourself today. Remember: progress takes time	28 Ask yourself: will this still matter a year from now?	29 Find a new perspective on a problem you face	30 Set a goal that links to your sense of purpose in life	31 Think of 3 things that give you hope for the future	

ACTION FOR HAPPINESS
www.actionforhappiness.org
Keep Calm - Stay Wise - Be Kind

wellbeing This week!

This week Y3 have been writing about "happy families" for RE and linking how our families can help our wellbeing.



MONDAY MOTIVATOR



This certificate is awarded to:

George

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Ellie

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Freddy

in recognition of

being a motivational member of Reception

Signature: Mrs. Ashley and Mrs. Rooney

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Layla

in recognition of

being a motivational member of Year 1

Signature: Miss Quyoom

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Benjamin

in recognition of

being a motivational member of Year 2

Signature: Miss Cole

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Billy

in recognition of

being a motivational member of Year 3

Signature: Mrs. Tyson

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Betsy

in recognition of

being a motivational member of Year 4

Signature: Mrs. Brookbanks

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Jude

in recognition of

being a motivational member of Year 5

Signature: Miss Craft

Date: October 5th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Angelica

in recognition of

being a motivational member of Year 6

Signature: Mrs. Wilson/Miss Ellis

Date: October 5th, 2020