



Wellbeing Newsletter Monday Motivators

Issue 6 November 9th, 2020

Growth mindset is a learning theory that says everyone can improve intelligence, ability and performance. Here are some questions you can ask your children to help with these ideas.

Your brain is like a muscle. When you learn, your brain grows. The feeling of it being hard is the feeling of your brain growing!



10 GROWTH MINDSET conversation starters

1. What did you do today that made you think hard?
2. What challenge or problem have you worked on today?
3. Can you think of something new you tried today? What was it?
4. Was there anything that made you feel stuck today?... Great! What other ways might be there to solve this?
5. What did you learn today outside of school?
6. Can you think of a mistake you made today? ... Great! How can you use this mistake to do better next time?
7. Is there anything you are struggling with? ... Excellent! What new strategies can you try next?
8. Can you think of something you could have done better today?... Great! Who can you ask feedback from to make it better?
9. What would you like to become better at?
10. Did you do anything today that was easy for you? ... How can you make this more challenging?

St. Gregory's

Monday Motivators

Nursery: Harrison Cason

Reception: Darcie

Y1: Spencer

Y2: Esmae

Y3: Oliver

Y4: Seth

Y5: Angel

Y6: Lexi

ACTION CALENDAR: NEW WAYS NOVEMBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Make a list of new things you want to do this month.	2. Respond to a difficult situation in a different way.	3. Get outside and observe the changes in nature around you.	4. Sign up to join a new course, activity or online community.	5. Change your normal routine today and notice how you feel.	6. Give yourself a book. Try a new way of being physically active.	7. Be creative. Cook, draw, write, paint, make or inspire.
8. Find out something new about someone you care about.	9. Plan a new activity or idea you want to try out this week.	10. When you feel you can't do something, add the word "yet".	11. Be curious. Learn about a new topic or an inspiring idea.	12. Overcome a frustration by trying out a new approach.	13. Choose a different route and see what you notice on the way.	14. Find a new way to help or support a cause you care about.
15. Go outside and do something playful - walk, run, explore, relax.	16. Look at life through someone else's eyes and see their perspective.	17. Try a new way to practice self-care and be kind to yourself.	18. Connect with someone from a different generation.	19. Broaden your perspective! read a different paper, magazine or site.	20. Make a meal using a recipe or ingredient you've not tried before.	21. Learn a new skill from a friend or share one of yours with them.
22. Find a new way to feel someone you appreciate there.	23. Set aside a regular time to pursue an activity you love.	24. Share with a friend something helpful you learned recently.	25. Use one of your strengths in a new or creative way.	26. Tune in to a different radio station or TV channel.	27. Enjoy new music today. Play, sing, dance or listen.	28. Join a friend doing their hobby and find out why they love it.
29. Discover your artistic side. Design your own greeting cards.	30. Look for reasons to be hopeful, even in difficult times.					

"You never know what you can do until you try" ~ C. S. Lewis

ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

Learn more about this month's theme at www.actionforhappiness.org/new-ways-november

https://www.actionforhappiness.org/media/935838/november_2020.jpg

MONDAY MOTIVATOR



This certificate is awarded to:

Harrison

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: November 9th, 2020

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This certificate is awarded to:

Cason

in recognition of

being a motivational member of Nursery

Signature: Mrs. Prescott

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Darcie

in recognition of

being a motivational member of Reception

Signature: Mrs. Ashley and Mrs. Rooney

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Spencer

in recognition of

being a motivational member of Year 1

Signature: Miss Quyoom

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Esmae

in recognition of

being a motivational member of Year 2

Signature: Miss Cole

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Oliver Young

in recognition of

being a motivational member of Year 3

Signature: Mrs. Tyson

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Seth

in recognition of

being a motivational member of Year 4

Signature: Mrs. Brookbanks

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Angel

in recognition of

being a motivational member of Year 5

Signature: Miss Craft

Date: November 9th, 2020

MONDAY MOTIVATOR



This certificate is awarded to:

Lexi

in recognition of

being a motivational member of Year 6

Signature: Mrs. Wilson/Miss Ellis

Date: November 9th, 2020