

**Wellbeing Newsletter No. 2**

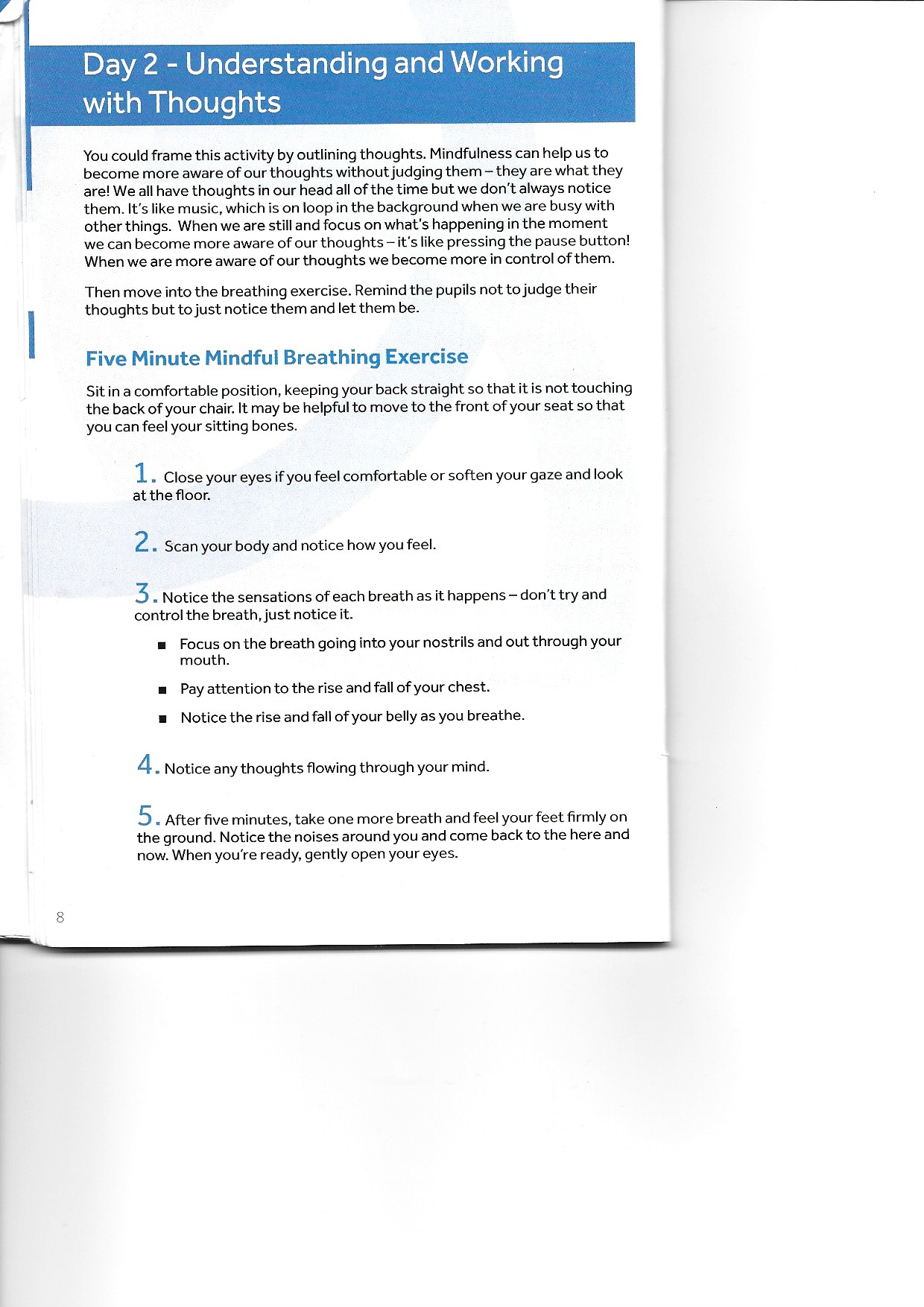
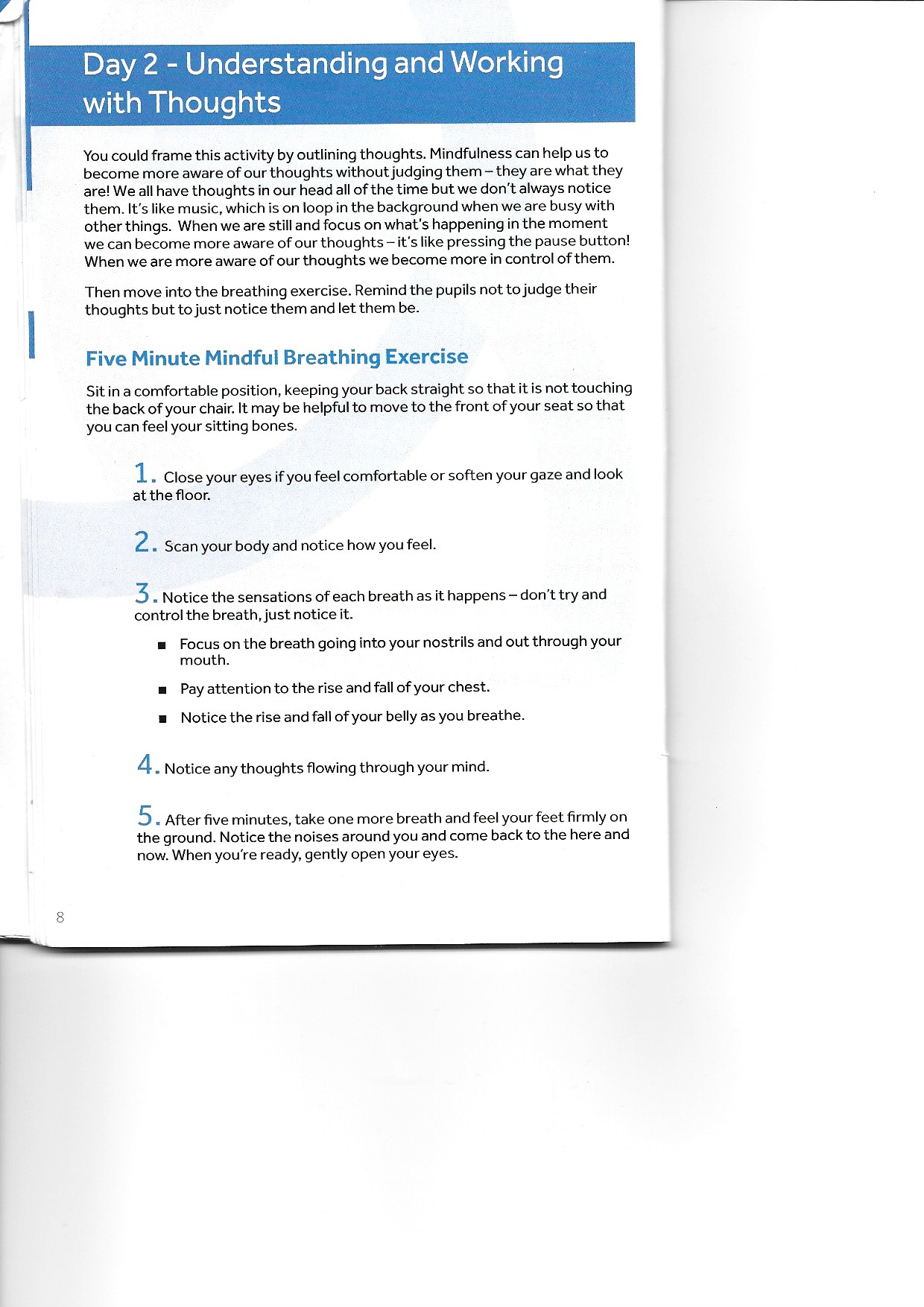
**Welcome to Wellbeing newsletter no. 2 where you will find some suggestions, website links and advice for supporting your child’s mental health and wellbeing whilst we are away from school.**

**We would love to hear what you’ve been up to and if you’ve tried any of the activities let me know how you get on. You can send us photographs on Class Dojo too.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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** |
| * We all like to get cards on our birthday but why wait until then? Let someone special know you are thinking of them by surprising them with an un-birthday card you’ve made. Make a picture on the front of your card and then add words to personalise it, eg ‘Happy Un-Birthday’; ‘Thank-you for…’; ‘You’re great!’ Write a message inside the card and give it to your chosen person. | * In 3 minutes how many times can you complete this circuit: 10 x star jumps, 10 x burpees, 10 x press ups, 10 x squats. Can you create a circuit for another 3 minute challenge? * See the Wellbeing support page on the Workpack areas of the school website to have a go at the Prostars exercise challenge. | * When you’re out on a walk or in your garden, take a couple of elastic bands, find a stick and create a journey stick by attaching interesting things you find along the way. You could vary it by collecting certain colours only or by trying to make the brightest journey stick you can. * Mindful minute – this is great to try if you are anxious, angry or upset and it can help you feel calm. Spend 60 seconds focussing only on your breath. | * Try out something new – trying something new can be a bit scary at first but it can also be lots of fun and a source of ideas. Here are some new things to try: create a new outfit from recycling old clothes and accessories, start a new hobby, learn a new game, listen to and learn a song by a musician you’ve not heard before. * Break the rules – think of a game you like to play. How can you be creative and change the rules to make a new game? | * Give someone an appreciative note for no reason. Use sticky notes to write positive messages and stick up around the house for someone to find. * Think about music/songs that make you feel good. Write a song or create a ‘make you feel good’ playlist and dedicate it to someone. |



The basic breathing technique was shown in Newsletter 1.



|  |  |
| --- | --- |
| **Attitude of gratitude**   * **Focus on breathing as outlined previously.** * **Think of one thing that you’re grateful for and keep this image in your mind.** * **What feelings or sensations do you notice?** * **Continue this for a few minutes.**   [This Photo](https://en.wikipedia.org/wiki/Smiley) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | **Bubble mindfulness**   * **Focus on breathing and pay attention to any feelings.** * **Now pay attention to any thoughts.** * **Do you have any sensations in your body?** * **Notice all three.** * **If there is anything that you would like to let go of, put them all in a bubble and blow them away.** * **Continue this for a few minutes.** |

**‘We ourselves feel that what we are doing is just a drop in the ocean. But the ocean**

**would be less because of that missing drop.’**

**Mother Teresa**

**Conversation Corner**

Some questions to discuss in your families:

* **Which season is your favourite and why?**
* **If you could choose your own name, what would it be?**
* **Which animal is your favourite and why?**
* **If you were in charge, what rules would you have in your house?**

|  |
| --- |
| **Mindfulness** |