**Well-Being Week 8th Feb 2021**



The aim behind this week is to encourage all our children and families to spend some time away from technology and enjoying time together, helping and connecting with people and being active. All of these things are really important for our well-being and mental health.

**Five ways that you can improve your well-being …**

**Connect**

Building and maintaining positive relationships with people can be an important part of well-being. Spending time speaking to positive and supportive people can help you have a better self-image, be more confident and feel able to face difficult times.

For example:

• telephoning a friend or relative to see how they are

• asking how someone is and really listening when they tell you

• arranging to speak with a friend

**Give**

Giving can be a great way to look after your wellbeing. People who show a greater interest in helping others are more likely to rate themselves as happy.

For example:

• volunteering your time

• supporting your community

• doing something nice for a friend

• thanking someone

**Keep learning**

Setting challenges and learning new things can improve your confidence and add fun to your day. You could rediscover an old hobby, sign up to a course or try learning a new skill, such as playing a musical instrument.

For example:

• doing a crossword or Sudoku

• researching something you’re interested in

• learning a new word

**Be active**

Regular exercise can lift your mood and increase your energy levels. It does not have to be strenuous or sporty to be effective. Pick something you enjoy so you are more likely to stick with it.

For example:

• going for a walk during your day

• following a workout video

• doing some ‘easy exercise’, like stretching, in the morning and before you go to bed

**Take notice**

Take time during your day to be more aware of your surroundings and notice the present moment. Try to be aware of the world around you and reflect on what you’re feeling. It can help you appreciate what’s going on around you.

For example:

• getting a plant for your home

• taking notice of sights and sounds outdoors

• switching off technology

• taking notice of how your friends or family are feeling or acting

Each afternoon during this week, the children will be set a well-being challenge by their teacher to try and complete. The challenge will be linked to one of these 5 areas and will help to support the children’s well-being. It would be lovely to see some pictures of the children completing their well-being activities. Please email any pictures to your class teacher.

If you are interested in further mental health and well-being activities or advice then please check out the following websites:

* <https://youngminds.org.uk/>
* <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/mental-health-parenting/>
* <https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/>
* <https://www.elsa-support.co.uk/downloads/>

We hope that you and your family enjoy the selection of activities that are on offer this week!