



Wellbeing Newsletter Spring 2 - 2021

Welcome to the second edition of our Wellbeing newsletter. As we get ready to invite you all back in to school on the 8th March, we know that you may still have that feeling of uncertainty, although we are hoping that the roll out of the vaccination is having a positive impact. But this uncertainty is what can be the hardest part to manage and cope with, so in this newsletter we will think about things that we can control, for example spending time with our close family (our support bubble), looking after ourselves, enjoying time with our loved ones. If you are feeling scared, worried or concerned talk to someone, and try some of the new activities below.

Please look at the activities shared on this newsletter, you may find some tips and resources that will help you to support yourself and your child/children with how to cope with these challenging times that we are continuing to be faced with.

Mrs Rondeau – Assistant Headteacher (Inclusion Leader)

Five Ways to Wellbeing

Think about the 'Five Ways to Wellbeing' approach which is about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways can have a beneficial impact on your wellbeing.

More ideas/activities will be added in the next newsletter.

| Connect | Be active | Take Notice | Keep Learning | Give |
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| <p>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.</p> <p>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.</p> | <p>In 3 minutes how many times can you complete this circuit:</p> <p>10 x star jumps, 10 x burpees 10 x press ups 10 x squats</p> <p>Can you create a circuit for another 3-minute challenge?</p> | <p>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.</p> <p>You could vary it by collecting certain colours only or by trying to make the brightest journey stick you can.</p> <p>Mindful minute – spend 60 seconds focussing only on your breath.</p> | <p>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: start a new hobby, learn a new game, listen to and learn a song by a musician you've not heard before.</p> <p>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?</p> | <p>Give someone an appreciative note for no reason.</p> <p>Use sticky notes to write positive messages and stick them up around the house for someone to find.</p> <p>Think about music/songs that make you feel good.</p> <p>Write a song or create a 'make you feel good' playlist and dedicate it to someone.</p> |



Mindfulness

Conversation Corner

Some questions to discuss in your families:

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

CONTROL

WHAT YOU CAN

Let go of Everything else

Who I sit with and the type of people I hang out with

Looking after myself

My thoughts and my beliefs

My actions and the way I behave



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Things I can work on...

Things I must let go of...

What other people say

Other people's decisions

Other people's actions

How other people feel

When I'm anxious, I can



do some deep breathing

When I'm anxious, I can



draw

When I'm anxious, I can



talk to an adult

When I'm anxious, I can



listen to music

When I'm anxious, I can



do some colouring

When I'm anxious, I can



do some yoga