



Wellbeing Newsletter Autumn 2 - 2022

Welcome to our Christmas edition of the Wellbeing Newsletter! At Barrow Hedges, we pride ourselves on the range of extra-curricular opportunities we offer and recognise their importance for supporting mental health and wellbeing. It is therefore so lovely to see the school fully immersed in Christmas festivities such as hoop making and productions. We hope you have been enjoying these as much as the children have!

Please continue to look at the activities and links in this newsletter, including mindfulness techniques on the second page. Looking after ourselves and each other is extremely important, especially at this time of year when there can be many added pressures. The Christmas break is nearly upon us so we hope that you have a fantastic break. We wish you all a Merry Christmas and a Happy New Year!

Miss Swinfield – Mental Health Lead

Christmas Wellbeing Activities

Christmas Singing



Put on some Christmas tunes you love and sing away. Singing improves your breathing and increases your feelings of aliveness and alertness. You might sing a quiet, gentle song or a robust joyous one. Whatever you do, give it your all! Sing with your body and soul.

Gratitude Ornaments

Making your own decorations is a wonderful way to be mindful at Christmas. Choose a style that suits you, whether it is paper or 3D. Settle yourself down with what you need and then enjoy a good hour or two of making time. Each time focus on one thing you are really grateful for and what difference it has made to you.



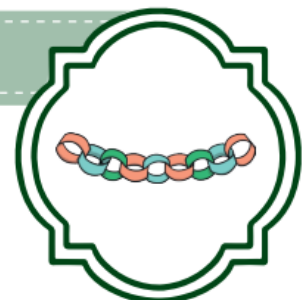
Festive Sounds



Christmas has so many special sounds, such as jingling bells. Find a sound track with bells on it or make your own music by shaking bells. Sink into the music and let it settle and inspire you. Find the rhythm, and stay focused on the sounds while relaxing tension in the shoulders.

Chain Gang

Making paper chain decorations is a really calming and productive way to spend your time. Simple strips with tape at the end can be linked together to create a lovely decoration. Decorate the strips before assembling with written messages or hopes.





Mindfulness

MINDFULNESS CALENDAR				
MON	TUES	WED	THURS	FRI
COUNTING BREATHS 1-2-3	 ATTITUDE OF GRATITUDE	 USING THE SENSES	COLOUR BREATHING 	 BIRTHDAY CAKE BREATHING
MON	TUES	WED	THURS	FRI
FEATHER BREATHING 	 FINGER COUNTING	SLIMY HANDS 	RISE AND FALL 	RELAXING MUSCLES

Christmas Yoga

5 fun and simple yoga poses for kids

1. Drift like the **SNOWFLAKE**.
2. Stand like a **CHRISTMAS TREE**.
3. Shine like the **MOON**.
4. Flicker like a **CANDLE**.
5. Pretend to be a **LOG FIRE**.

Deep Breathing Christmas Tree

TRACE THE RIBBONS ON THE TREE.
 TRACE UP & BREATHE IN.
 TRACE DOWN & BREATHE OUT.



Useful Links

- <https://www.annafreud.org/> - Mindfulness and Wellbeing Resources
- <https://www.youngminds.org.uk/> - Children's Wellbeing Support
- <https://www.mentalhealth.org.uk/> - Resources for parents