



Wellbeing Newsletter Summer 1 - 2021

Welcome back to school after our Easter holiday and to the third edition of our Wellbeing newsletter, it is lovely to see all of our children back in school and although we are still in 'year group bubbles', we are slowly moving towards a 'normal' school life.

Even though we are now able to do more things as we progress through the 'government's roadmap', not everything is back to normal. Please continue to look at the activities in this newsletter to support your mental health and wellbeing.

Please continue to look after your families and yourselves, and remember 'Hands, Face, Space and being outside'.

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 |
|---|--|--|---|--|
| <p>Curious Conversations – create some cards and with your family, shuffle the cards, read out the questions and take turns to answer.</p> <p>Divide an A4 sheet of card or paper into twelve equal-sized boxes.</p> <ul style="list-style-type: none"> ● Cut them out so you have 12 small cards ● On each card, write a question or topic to discuss with your friends. ● You can use the list on the next page or make up your own. <p>The aim is that each card will start a conversation!</p> | <p>'Happy Games' event -</p> <p>Ideas for activities:</p> <ul style="list-style-type: none"> ● how many times can you throw a ball up in the air and catch it again, clapping three times after each throw? ● who can skip on the spot for the longest time while singing a song? ● race while balancing a potato on a spoon and stepping over small obstacles <p>After each activity ask everyone to give themselves a happiness score out of 10 to show how much they enjoyed it.</p> | <p>At the moment I am noticing that ...</p> <p>Next time you go out for a walk, practise 'noticing and being present'</p> <ol style="list-style-type: none"> 1-What does the air feel like on your skin? Is it warm or cold? 2-Look up at the sky. What can you see? Is it sunny or is it rainy? 3-What does the ground feel like under your feet? 4-What shapes and colours are around you? 5-What about the smells and scents? 6-What sounds can you hear? <p>After your walk you could draw a picture of something beautiful you noticed.</p> | <p>Create a curiosity collage.</p> <p>Next time you're out for a walk, look up high and look down low.</p> <p>Collect small items such as leaves, take some photographs or draw pictures of all the new things you have seen or found.</p> <p>Attach them to a big sheet of paper, label them and decorate your curious collection. You could get even more curious and find out a fact about each item you've collected and add these to your collage.</p> | <p>The 'many ways of being kind' challenge</p> <p>Make a list of all the ways you could be kind or help other people. Some things will be quick and easy; others will be harder or take longer.</p> <p>How many ideas can you think of right now? Keep thinking and add to your list – can you get to 100 different ways of being kind, giving or helping people?</p> <p>Take the challenge to the next level by trying to do everything on your list.</p> |



Mindfulness

Sitting still

- Sit comfortably and as still as you can for a full minute.
- During this time, pay attention to what may be happening in your mind or body.
- Don't worry if you don't quite get the hang of it – the whole point of mindfulness is not to focus on succeeding but to pay attention to the experience.



The Volcano

- Sit comfortably with your back straight and you can close your eyes if you wish.
- Imagine you are a big and powerful volcano and be aware of your feet on the ground.
- Imagine what it would feel like to be that volcano.
- Repeat this for a few minutes before bringing your awareness back to the room.



Conversation Corner

Some questions to discuss in your families:

- Would you rather go to space or the bottom of the ocean?
- Would you rather have hands for feet or feet for hands?
- If you could have any pet, what would you choose?
- Would you rather have a flying carpet or a car that can drive underwater?
- If you could have any superpower, what would it be?



WHALE BREATH

Take a deep breath in, hold it while you count to 5 with your fingers then tilt head up to blow it out of your blowhole. You can also put your hands up on top of your head to create the blow hole to “blow” out.

RAINBOW BREATHING

Arms start at the side of your body; arms go up as you breathe in and go down as you breathe out (arms make a rainbow).

