

at you.



## Wellbeing Newsletter Autumn 1 - 2022

Welcome to the first edition of our Wellbeing newsletter for this academic school year. It is so lovely to see the school back after the Summer and our children settled into their new classes so well. At Barrow Hedges, we are always incredibly proud of the children and how they adapt to these changes, however we know sometimes it can be difficult with so much happening all at once. Please remember that we are here to support you however we can.

Please continue to look at the activities and links in this newsletter, including the breathing techniques on the second page. Looking after ourselves and each other is extremely important and we would like to remind everyone that World Mental Health Day is on Monday, 10 October 2022. To help raise awareness of this, we are participating in #HelloYellow on the 11<sup>th</sup> of October as well as other wellbeing activities. We are also in the process of creating our very own wellbeing school mascot, the design of which has been created by two of our Year 6 pupils.

Miss Swinfield – Mental Health Lead

## Five Ways to Wellbeing

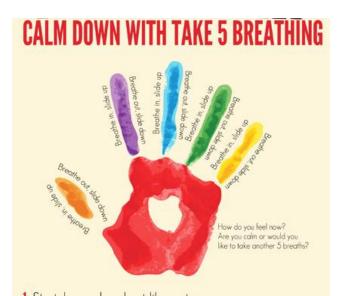
Think about the 'Five Ways to Wellbeing' approach which is about how simple positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways can have a beneficial impact on your child/ren's wellbeing. More ideas/activities will be added in the next newsletter.

Connect	Be active	Take Notice	Keep Learning	Give
Family Connect	Get on the Move	Practise Falling Still	Learn a new skill	Random Acts of
				Kindness
Take some time	What activities do	Just like we do in	Learning a new skill	
each day to talk to	you do outside of	philosophy, you can	can make us feel	Sometimes, small
each person in your	school?	fall still at home.	really positive	gestures can really
family.			about ourselves.	improve a person's
	After school or on	Relax your body		day.
Ask them how they	the weekends,	slowly from head to	You could begin	
are feeling. What	consider how you	toe, taking time to	learning a different	Challenge yourself
was the best part of	can spend some	think about each	language, take up a	and your friends/
their day? What did	extra time outside.	muscle. Focus on	new sport or join an	family to complete
they find tricky?		the sounds you can	arts club.	random acts of
How can you help	Here are some	hear; let your		kindness.
them?	ways you could get	thoughts extend to	Share your skills	
	active: Take a walk	the further away	with a friend	Here are some
Smile Challenge	with your dog, ride	sound. Listen to the		ways you could be
	your bike or take	sound of your	Often, the most	kind: do chores
Every time we	your scooter to the	breathing.	rewarding 	without being
smile, it releases	park.	E 5.41	experience is	asked, help
happy chemicals in		5 Minute	sharing our learning	someone you see
our brains.		Meditations	with others.	who is struggling,
How many times		Value on find guided	Ask and parson in	give a donation to a
How many times can you smile in		You can find guided meditations on	Ask each person in	charity.
one day?		YouTube that talk	your family to teach you something they	
one day!		you through each	enjoyed learning.	
Count how many		stage of relaxing	chjoyed learning.	
people smile back		your mind.		
people stille back		your minu.		





# Mindfulness



- 1. Stretch your hand out like a star.
- 2. Get the pointer finger of your other hand ready to trace your fingers up and down.
- 3. Slide up each finger slowly ~ slide down the other side.
- 4. Breathe in through your nose ~ out through your mouth.
- Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

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#### Trace and Breathe

Trace along the rainbow with your finger as you breathe in and out



# 5-4-3-2-I Mindfulness

List...

5 things you can see 4 things you can touch

3 things you can hear

2 things you can smell I thing you can taste

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