



Wellbeing Newsletter Summer 2 - 2021

Welcome to the last edition of our Wellbeing newsletter for this academic school year. Although we are still in year group bubbles 'normal' school life is hopefully just around the corner, with the final step of the government road map slowly approaching, (even if it has been delayed to 19th July 2021).

Please continue to look at the activities in this newsletter to support your mental health and wellbeing throughout this term and the fast-approaching summer holidays.

Please continue to look after your families and yourselves.

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>Smilers Challenge – how long can you stare at each other without smiling?</p> <p>Read a book – share a book with someone at home and take turns with the storytelling.</p>	<p>'Den building – build a den inside or outside.</p> <p>Dance – can you share five different moves with someone at home? Can they do the same back?</p>	<p>Mindful or Mind Full? People often think that being able to do lots of things at the same time will get more done. However, the opposite is true. By being mindful and focussing on one thing at a time, you can get much more done and feel calmer.</p> <p>Draw a picture to show what it's like to have your mind full in this way. Then draw a second picture to show what your mind is like when you feel calm and focussed.</p> <p>Look at your pictures: Which version shows your mind right now? When is your MIND FULL? When are you MINDFUL? What could you do differently so that you feel MINDFUL more often?</p>	<p>Spark up your creativity Imagine you're an alien who has just arrived on Earth from another planet. You see a sock for the first time but don't know that it goes on a foot (you may not even have seen a foot). How many creative ways can you think of to use the sock?</p> <p>There's no such thing as a bad idea in this challenge. Let your imagination run free!</p>	<p>Message – record or write a message for someone in your family.</p> <p>Dressing up – dress up in someone else's clothes or as a character. Put on a show. Make someone laugh.</p>



Mindfulness

ACTIVITIES TO TRY

How many things can you see which are a square, a circle or a rectangles, add in your own shapes?

How many things can you see which are blue, green or brown? (What other colours can you see, what is it that you can see?)

Think of a word to match every letter of the alphabet. Here are some example categories, but you might have others you can think of:

- Types of animals
- Things you like to eat
- Places
- Names



ZONES OF REGULATION!

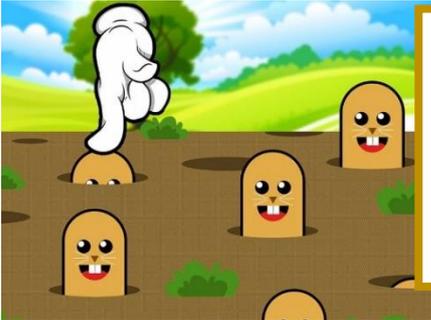
Blue	Green	Yellow	Red
Sick Sad Tired Bored Moving Slowly	Happy Calm Good to Go Focused Ready to Learn	Frustrated Worried Silly/Wiggly Anxious Excited	Mad/Angry Mean Yelling/Hitting Out of Control I Need Time and Space

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What zone are you in today?

Remember: Your feelings are perfectly normal but understanding how we are feeling, can make things seem less scary.

In school we have been doing a lot of work on the 'Zones of Regulation' and supporting each other to understand what emotion we are feeling. These emotions are represented by the colour zone we are currently in.



WORRY MOLES

Worries pop into our heads all the time.

Everybody worries about things nearly every day.

Mindful Game for Kids

Look around and name:

5
4
3
2
1

thing(s) you

see
hear
feel
smell
taste