



Wellbeing Newsletter Autumn 2 - 2021

Welcome to the autumn 2's edition of our Wellbeing newsletter. Even though before half term we had to enter the amber zone and we had to add in some extra measures, it is great that most of school continued to run as normal. Please remember that we are here to support you however we can.

Please continue to look at the activities in this newsletter, including the kindness quotes on the second page, in celebration of World Kindness Day which is on Saturday, 13 November 2021. With this in mind I will be holding an assembly on Monday 15th November to talk about how we are all different and how we celebrate differences and not challenge them. #bekind

Mrs Rondeau – Assistant Headteacher (Inclusion Leader)

Being Ourselves

Here are a few activities that can be completed at home or in school, to support and encourage everyone to be themselves.

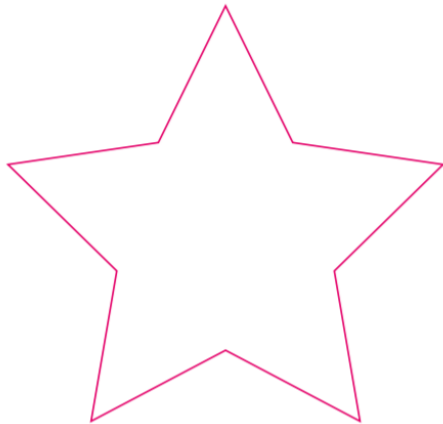
What makes you, you?	I can and I'd like to learn to...	People Bingo
<p>Think of three ways make you similar to a peer.</p> <p>Now think of three ways that make you different to a peer.</p> <p>Encourage your child/ren not to just focus on looks but on what they enjoy, what they are good at and what makes them special.</p> <p>Give them some examples, for instance: "Just like ____ I love running and we are both good listeners but she/he likes playing tennis and is very funny whereas I prefer singing and am very patient"</p> <p>Discuss the similarities & differences, highlighting that we are all unique</p>	<p>Ask your child/ren to think of things that they can do well.</p> <p>Examples may include riding a bike, being a good friend, counting to a high number.</p> <p>Then ask your child/ren to think of a few things that they would like to do better, improve on or learn.</p> <p>Ask them to share their list of skills and the things, they would like to improve.</p> <p>Invite them to discuss how they might develop some of the things on their 'things to improve list'.</p> <p>What might they need to do to make this happen? Is there anyone who can help by using their own skills to support or by giving encouragement?</p>	<p>Think of a combination of different statements. Some examples may include:</p> <ul style="list-style-type: none"> • Someone who has freckles • Youngest child in the family • A friend or family member that has a cat • Someone who likes maths <p>Ask your child/ren do they know anyone who has any of these, how are they different from them?</p> <p>Ask your child/ren if they learnt anything new about someone in the family.</p> <p>Emphasise that we don't always know everything about everyone and whilst we are all different, we also have similarities.</p>



Mindfulness

What are your star qualities? Draw a star and fill it with what you are good at.

Star Qualities Activity

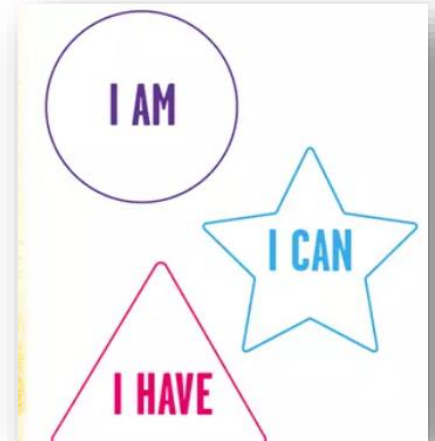


YOU WILL NEVER
REGRET BEING
KIND.

CHOOSE
Kindness



How many positives activity...



"NO ACT OF KINDNESS,
NO MATTER HOW SMALL,
IS EVER WASTED."

-AESOP-



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

KINDNESS
is a gift
everyone can
afford to give.



When it rains, it
pours...
but soon, the sun
shines again.
Stay positive.
Better days are on
their way.