



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 11th 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
<p>Family Connect</p> <p>Take some time each day to talk to each person in your family.</p> <p>Ask them how they are feeling. What was the best part of their day? What did they find tricky? How can you help them?</p> <p>Smile Challenge</p> <p>Every time we smile, it releases happy chemicals in our brains.</p> <p>How many times can you smile in one day?</p> <p>Count how many people smile back at you.</p>	<p>Get on the Move</p> <p>What activities do you do outside of school?</p> <p>After school or on the weekends, consider how you can spend some extra time outside.</p> <p>Here are some ways you could get active: Take a walk with your dog, ride your bike or take your scooter to the park.</p>	<p>Practise Falling Still</p> <p>Just like we do in philosophy, you can fall still at home.</p> <p>Relax your body slowly from head to toe, taking time to think about each muscle. Focus on the sounds you can hear; let your thoughts extend to the further away sound. Listen to the sound of your breathing.</p> <p>5 Minute Meditations</p> <p>You can find guided meditations on YouTube that talk you through each stage of relaxing your mind.</p>	<p>Learn a new skill</p> <p>Learning a new skill can make us feel really positive about ourselves.</p> <p>You could begin learning a different language, take up a new sport or join an arts club.</p> <p>Share your skills with a friend</p> <p>Often, the most rewarding experience is sharing our learning with others.</p> <p>Ask each person in your family to teach you something they enjoyed learning.</p>	<p>Random Acts of Kindness</p> <p>Sometimes, small gestures can really improve a person's day.</p> <p>Challenge yourself and your friends/family to complete random acts of kindness.</p> <p>Here are some ways you could be kind: do chores without being asked, help someone you see who is struggling, give a donation to a charity.</p>



Mindfulness

CALM DOWN WITH TAKE 5 BREATHING



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.
 5. 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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Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Big Life Journal - biglifejournal.com

Trace and Breathe

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



5-4-3-2-1 Mindfulness

List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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