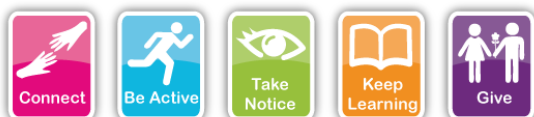


# Wellbeing Newsletter

Welcome to our Spring #1 Edition—Week 2

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying different activities for each step can help you and your children feel more positive and able to get the most out of life.



**Mind** have some useful support for parents/carers at home with children during this National Lock-



down: <https://www.mind.org.uk/information-support/for-children-and-young-people/coronavirus/>

## Feeling of the Week!

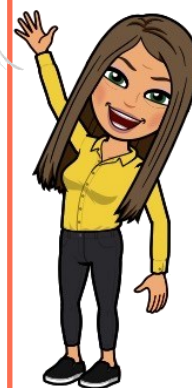
This week, we have decided to focus on **positive vibes**. We know it's tough at the moment and making sense of so many different feelings is really hard but there are things you can do to help. Finding ways to express and accept your emotions and manage all your different feelings is important and will allow you to stay **positive** until things get back to normal. We don't know when that will be yet but in the meantime, you can count on us to be there for you!

*Quote: Every day may not be good, but there is good in every day!*

**Remember to take a breath!** Slowing down when you're feeling stressed and taking a deep breath helps restore the natural balance in your body and regulate chemicals in your brain. This can help your mood and reduce stress. **Simple, but very effective..**

**Idea:** At home, you might want to create a 'Positivity Jar' where you write down the positive things that have happened each day or week. You can look back at these when you're feeling low to remind you of the positive moments you have experienced.

The BBC have some ideas on how to stay positive: <https://www.bbc.co.uk/news/uk-55264224>



### PUFFIN BOOKS STORYTIME

This is a great website with stories children can listen to being read by many different people!

Access a variety of stories being read on:

<https://www.youtube.com/user/puffinbooks1/videos>

A story for all ages!

### Story Time: Pass it On

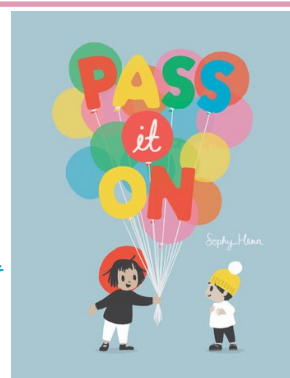
Watch the following story: [https://www.youtube.com/watch?v=HG\\_HsTBa\\_Q](https://www.youtube.com/watch?v=HG_HsTBa_Q)

When you feel happy, that's great, right? But how much better is it to **share** the good feelings you have?

**Remember this quote from the story:**

*"And when you least expect it, like a bolt out of the blue, a **SMILE** or a **CHUCKLE** will be passed right back to you."*

Can you try to pass on a **smile** this week?



5 Ways to Wellbeing	Spring #1 - Week 2
<b>Connect</b>	♥ Write a letter or note to somebody in your family with a picture and post it to them to make them <b>smile!</b>
<b>Be Active</b>	♥ Get outside and create some art with things you find. If its snowy, can you make a snowman?
<b>Take Notice</b>	♥ Take notice of something kind somebody has done to you this week: thank them for their kindness! Show them that you appreciate them!
<b>Keep Learning</b>	♥ Listen to an audio book on Storyline Online or Puffin Books Storytime—what can you learn from it? Did it teach you something?
<b>Give</b>	♥ Give this week by sharing something with somebody in your household. This might be something like your favourite toy, your colouring pencils or even your favourite snack!

If you would like, share with Miss Bartlett what you have done! She'd love to know!