

# Wellbeing Newsletter

Welcome to our Summer #1 Edition—Issue 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.



## Mental Health Foundation

For more advice and ideas to support your children, please visit **Mental Health Foundation**. There are lots of great reads to support children's sleep and wellbeing! [Click Here](#)



## Feeling of the Week!

This week, we have decided to focus our newsletter on **all feelings and emotions** as part of **Mental Health Awareness Week**.



This takes place next week, 10th—16th May 2021.

This year's theme is **connect with nature** and we would love all families at St Wilfrid's to take part in one activity to connect with Nature.

Nature is our great untapped resource for a mentally healthy future. Whatever it is for you, we invite you to **#ConnectWithNature** and share what this means for you.



*'There is something to be wondered at in all of Nature' - Aristotle*

Being outside and experiencing the nature around you can help you to relax, feel calm and breathe. Fresh air (even with the rain) can take your mind off and allow you step back.

**During Mental Health Awareness Week, why not try the following:**

- **Experience nature:** take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- **Share nature:** Take a photo, video or sound recording and share the connections you've made during the week, to inspire others. Join the discussion on how you're connecting with nature by using the hashtags #ConnectWithNature #MentalHealthAwarenessWeek

For more information and ideas visit: <https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/>

### Remember to breathe...

**Finger Breathing:** Trace one finger up the other and take a breath in. Trace it over the tip and down whilst breathing out. Repeat as you go along your hand!



### Story Time: Visiting Feelings

Children can have lots of different feelings and they can present in children in many ways! This is a great story to encourage children to accept different feelings and work on coping with them.

<https://www.youtube.com/watch?v=E3ZuNMOt4f0>



5 Ways to Wellbeing	Summer #1 - Issue 2
Connect	♥ <b>Connection is important.</b> This week, we would LOVE for you to connect with nature. Do this with those you love. <b>Experience the beauty of nature together.</b>
Be Active	♥ Use your active time this week to be outside. The weather has taken a turn but find a dry moment to go on a walk and experience the nature around you! Can you reach 10,000 steps?
Take Notice	♥ Take Notice of the nature around you, in your garden or near where you live! What can you see? What can you hear? Take a moment, just listen.
Keep Learning	♥ Keep Learning over the next two weeks by exploring the birds around you. Visit the RSPB website to find out more <a href="https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/">https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/</a>
Give	♥ Give over the next two weeks by spending some time looking after nature. What could you do to look after nature? Could you plant something? Litter pick? Build a bug hotel? Bird feeders?

If you would like, share with me (Miss Bartlett) what you have done! I would love to know. It might feature in the Newsletter!