



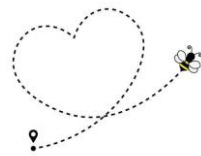
Create a Gratitude Tree

Did you know that taking time to be grateful for all the things that make you happy can bring you even more happiness?

With good vibes in mind, this activity is sure to create plenty of fuzzy-feeling joy. Firstly, create your tree trunk. Next, draw your colourful handprints and cut them out. Write on the handprints the different things that bring each of you joy. Stick the handprints to your tree – like leaves. Finally, when you are feeling sad or down, look at your tree and **remind yourself of all the wonderful things in the world that fill you with happiness**

For more information on creating your own gratitude tree, click on the link below:

[How to Make a Gratitude Tree](#)   - Crafting Connections



October 2023

Wellbeing Newsletter

My Happy Mind

Meet team H-A-P.



Hippocampus - is like a scrap book storing our memories and things that we learn.

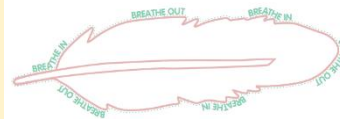
Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by fighting, freezing or flighting!

Prefrontal Cortex - Helps us to make decisions, understand different perspectives, solve problems, analyse and make choices

The children have been learning about Team H-A-P and how we can be at our best when Team H-A-P are working together. When we feel worried, team H-A-P cannot work well together. Our Amygdala will take over and cause us to react without thinking, when this happens the best thing to do is 'Happy Breathing'. This is slow calm breathing, which has been proven to calm the mind, especially the Amygdala.

To learn more about Team H-A-P and Happy Breathing, simply visit <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted to input an authentication code, which is **111357**.

FEATHER BREATHING



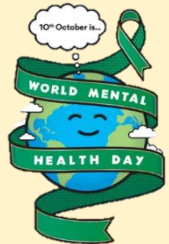
What to Tell Myself When I'm Feeling Anxious



1. This feeling won't last forever.
2. Thoughts and emotions aren't facts.
3. I can feel anxious and still handle this.
4. My **bravery** is stronger than my fear.
5. I am safe right now.
6. Anxiety is reminding me to **slow down my breathing**.
7. I've survived other tough times before, and I will be resilient this time, too.
8. This feeling is a normal reaction. I will use my coping tools to respond with thoughtfulness and self-compassion.
9. I don't have to figure this all out right now; I will **trust** the process.
10. Thank you anxiety for always trying to look out for me, but it's okay now; **I got this**.

World Mental Health Day

World Mental Health Day is coming up on **Tuesday 10th October 2023.**



The aim of the day is to raise awareness of mental health and to drive positive change for everyone's wellbeing. The theme for this year's day is 'mental health is a universal human right'. Below are website links that can help support mental health in children and adults

www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself

[Home - Mind](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

CALM DOWN YOGA for kids



I am strong.
WARRIOR 2 POSE



I am kind.
TREE POSE



I am brave.
CHAIR POSE



I am friendly.
DOWNWARD-FACING DOG POSE



I am wise.
HERO POSE



Optimistic October

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence" - Helen Keller

Optimistic October 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

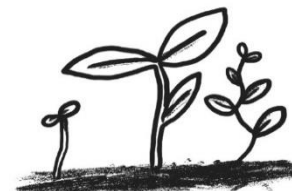
27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

