

My Happy Mind

Celebrate

The My happy Mind lessons this term have focused on Character Strengths and helping children to understand what they are and by using them as much as possible, they can be at their best! Character Strengths refer to those character traits that make us unique. We all have different characters, and this is something to celebrate! This is not about what we are 'good' at e.g., Football or Maths, it is about who we are. The children learn that they can draw on Neuroplasticity to help see that they can develop their characters with focus.

To access the My Happy Mind app just visit <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted for an authentication code, which is **111357**.



December 2023

Wellbeing Newsletter



Create a Breathing Wand

Breathing wands are a great way to help children regulate themselves or practise mindfulness. They are simple to make, all you need is **1 pipe cleaner and 12 beads**.

1. Starting with one side of the pipe cleaner, create a small circle by wrapping the end of the pipe cleaner around itself. This will secure a closure and allow you to thread the beads without them slipping off.
2. Thread all 12 beads on the pipe cleaner in any order you'd like.
3. Secure a closure to the other side of the pipe cleaner just as you did in step one. Be sure to leave enough room on your wand to be able to slide the beads from one side to the other once both ends are closed.
4. Using one of the closure circles, sculpt a heart by bending the pipe cleaner in the middle.

These can then be used in different ways: -

Mindful Breathing: Starting with all 12 beads on one side, slide one bead across the wand as you inhale deeply and move another as you exhale slowly. Repeat this process until all the beads are on the other side.

"I AM" Affirmations: Affirmations are powerful statements that promote self-validation (i.e., I am kind, I am brave, I am peaceful). Appoint a bead for each word of an "I am" statement while gliding them from one side of the wand to the

Christmas Activities

That are good for your mental health



Make some homemade hot chocolate with real chocolate, it really has to be experienced!



Bake some treats, like gingerbread people. They're delicious and the activity taps into your creative side!



Watch a feel-good movie with an open fire. Films can help immerse you into the happier headspace.

Wrap up and go for a winter walk. Exercise is good for your mental health and we can't stop just cause it's a bit nippy out! Plus it's a great opportunity to look at Christmas Lights!



Donate some money/goods to charity. SVP's giving tree is a great appeal to help those in need. It feels good to give back!



Make a home-made Christmas jumper for any in person Zoom parties. Hot glue on tinsel and baubles or print off some memes or puns and stick them on. It's a great talking point and will give you a laugh!



Get Tidy. Christmas can get cluttered and messy with gifts and decorations. A tidy space can equal a tidy mind!



Do not neglect your mental health. Talk to a GP/Counsellor if you feel overwhelmed or low.



1. Drift like the **SNOWFLAKE**.



2. Stand like a **CHRISTMAS TREE**.



3. Shine like the **MOON**.



4. Flicker like a **CANDLE**.

5. Pretend to be a **LOG FIRE**.



Mindful Minute

What can I hear?
What can I smell?
What can I feel?
What can I see?
What can I taste?



Take one minute, concentrate and fill your mind with what is happening right now. All your worries will disappear, and you will feel calm and relaxed



Do Good December

December Kindness 2023

MONDAY



4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

TUESDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

WEDNESDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

THURSDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

FRIDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

SATURDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

SUNDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2024



ACTION FOR HAPPINESS

Happier · Kinder · Together

