

Happy New Year to all our families



We hope that you had a merry and blessed Christmas break with your loved ones and want to wish you happiness and good health for 2024.

The dark morning and evenings are slowly getting lighter and before we know it, we will be entering a new season with a spring in our step.

Remember to be gentle with yourself over the coming weeks and to check in on loved ones.



Owl

Sit on your knees and raise your arms up in a V-shape and relax your wrists. Move your arms up and down slowly like an owl whilst breathing in and out.



January 2024

Wellbeing Newsletter

Create a wheel of coping skills

It is important to teach children safe and appropriate ways to cope and express themselves. Creating a wheel of coping skills is a fun way to help them remember the skills that they possess and realise that they have a choice of which skill to use dependent on the situation. Coping skills could help your child to regulate their emotions if they are feeling sad, angry, worried, or scared.

Instructions: -

- 1) Take two paper plates and cut out a small triangle towards the middle of one plate.
- 2) Spin the plate and write skills in each section of the second plate that is exposed in the section that was cut out e.g. *take deep breaths, go for a walk, think of a positive memory, tear some tissue*
- 3) Insert a paper fastener so the plate can spin and reveal the skills.
- 4) Decorate any way you like!



Monday 15th January 2024

Blue Monday is a day to acknowledge and address feelings of sadness.

Connect: with friends, family, or to share your feelings and seek support.

Practice Self-Care: engage in activities, such as exercise, meditation, or hobbies you enjoy.

Acknowledge Emotions: it is okay to feel sad but try to identify and challenge negative thought patterns.

Further support and advice can be found at:

[Samaritans](#) - offer free 24-hour support and advice for anyone feeling overwhelmed, down or unheard

[Mind](#) - for free confidential advice and support, Mind provides 24/7 guidance.

when you feel sad



Happier January 2024

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future

