

My Happy Mind

Appreciate

Last term, My Happy Mind lessons focused on teaching children the importance of gratitude. When we give or receive gratitude our brains release dopamine. The children learnt to develop an 'Attitude to Gratitude' by encouraging them to stop and reflect about who in their lives they appreciate and why, this also helps to build their self-esteem. Children developed a Wheel of Gratitude to think about the types of gratitude they should take time to notice. Research has shown that in doing this it has a positive impact on mental wellbeing.

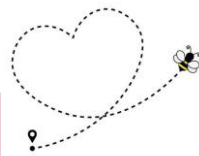
To access the **NEW** My Happy Mind app just visit <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted for an authentication code, which is **111357**.

Try a Relaxation Technique

Relaxing and focusing on the present can help improve your child's mental health and lighten negative feelings. Why not try some yoga with your child. Below are a couple of yoga links:

[Harry Potter and The Philosopher's Stone | A Cosmic Kids Yoga Adventure! \(youtube.com\)](https://www.youtube.com/watch?v=0ImHIWzP49M)

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March 2024

Wellbeing Newsletter

MINDFUL MOMENTS FOR KIDS

Let's make mindfulness fun!

Living in the moment...

1. JUST ONE MINUTE

START
HERE

Set a timer for one minute.
What can you see?
What can you hear?
What can you smell?
What can you touch?
Concentrate and focus ONLY on what's happening right now.



2. SPIDEY SENSES

Enter into your "spidey" state where for two minutes you move around the room with heightened spidey superpowers. In this state you will pay close attention to what you see, hear, smell, touch, and even taste. Can you hear a lawnmower, birds or cars? Can you see the T.V., windows, or table? Can you touch the carpet, water facet, or front door?

3. FOCUS FLOWER

Find a flower (outside) and spend two minutes looking at it closely. (No flowers? Any object will do - rocks, pinecones, or leaves, etc.) Pretend you are looking at it for the first time. Can you notice all the intricate details? Look at the petals, lines and colors. What does it smell like? What does it feel like?



World Sleep Day 15th March 2024

Helping to raise awareness of sleep health.

6 TIPS TO HELP KIDS SLEEP

1. HAVE AN EVENING ROUTINE 
2. NO LATE DINNER OR SNACKS 
3. TURN OFF ALL ELECTRONICS 
4. PLAY BEFORE BEDTIME 
5. KEEP THE ROOM DARK AND COOL 
6. READ OR LISTEN TO A STORY 



5 Ways to Wellbeing

Click on the image below to view a short clip on 5 ways to improve wellbeing

Mindful
Active
Generous
Interested
Connected



Mindful March

"The mind is everything, what you think you become" - Buddha

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

CREATIVE MISTAKES

SCRIBBLE ART

Just like scribbles on paper, sometimes our efforts just don't work out the way we had hoped. But we can get creative and turn our mistakes and failures into something we can be proud of! Practice creating something new with the scribbles below.

INSTRUCTIONS: Using markers or crayons, turn each of these scribbles into a picture. Be creative!

1



2



3



4

