

Child's Pose (Balasana)

1. Start on the hands and knees.
2. Press the hips back toward the heels.
3. The arms can be stretched out in front of the body, or curled down by the sides.



My feel better flower

The "My Feel Better Flower" is a great way for a child to identify the support they have and the coping skills they can use when dealing with mental health issues. Using the metaphor of a flower, this activity makes talking about coping skills and support systems easy for children. It also encourages positive self-talk. The task is for the child to create their own flower with the positive coping skills they use or can use, as well as the positive self-talk that helps them, and recognise the support they have present in their life.

The sheet is attached to this newsletter.



May 2024

Wellbeing Newsletter

MENTAL HEALTH AWARENESS WEEK

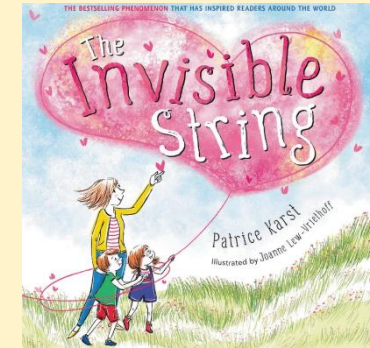
13-19 MAY 2024

This year's theme is **Movement**: 'Move for your mood'. Being active is one of the ways we can support good physical and mental wellbeing. Doing exercise or playing sports are great ways to be physically active but being physically active includes any exercise that gets you moving. This could involve scooting to school, dancing to music, or going for a walk in the park. Exercise releases 'feel good' hormones, that reduce feelings of stress and anger. It increases energy and makes us feel more focused and motivated. If it involves other people like being part of a team, or a group we are with regularly, that additional connection with others is an extra boost to our mental health.

Find out more [click here](#)




Book Recommendation



The Invisible String offers a very simple approach to overcoming loneliness, separation, or loss with an imaginative twist that children easily understand and embrace. The invisible string suggests that everyone has someone in their lives who is attached to them by an unbreakable string that transcends time, distance, and geography.

[The Invisible String Read Aloud - YouTube](#)

Mindfulness Bubbles

 Slow your racing mind and improve your focus.



Click on the picture above to access the Bubble Bounce Mindfulness video



Meaningful May

Meaningful May 2024

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Do something kind for someone you really care about

2 Focus on what you can do rather than what you can't do

3 Take a step towards an important goal, however small

4 Send your friend a photo from a time you enjoyed together

5 Let someone know how much they mean to you and why

6 Look for people doing good and reasons to be cheerful

7 Make a list of what matters most to you and why

8 Set yourself a kindness mission to help others today

9 What values are important to you? Find ways to use them today

10 Be grateful for the little things, even in difficult times

11 Look around for things that bring you a sense of awe and wonder

12 Listen to a favourite piece of music and remember what it means to you

13 Find out about the values or traditions of another culture

14 Get outside and notice the beauty in nature

15 Do something to contribute to your local community

16 Show your gratitude to people who are helping to make things better

17 Find a way to make what you do today meaningful

18 Send a handwritten note to someone you care about

19 Reflect on what makes you feel valued and purposeful

20 Share photos of 3 things you find meaningful or memorable

21 Look up at the sky. Remember we are all part of something bigger

22 Find a way to help a project or charity you care about

23 Recall three things you've done that you are proud of

24 Make choices that have a positive impact for others today

25 Ask someone else what matters most to them and why

26 Remember an event in your life that was really meaningful

27 Focus on how your actions make a difference for others

28 Do something special and revisit it in your memory tonight

29 Today do something to care for the natural world

30 Share a quote you find inspiring to give others a boost

31 Find three reasons to be hopeful about the future



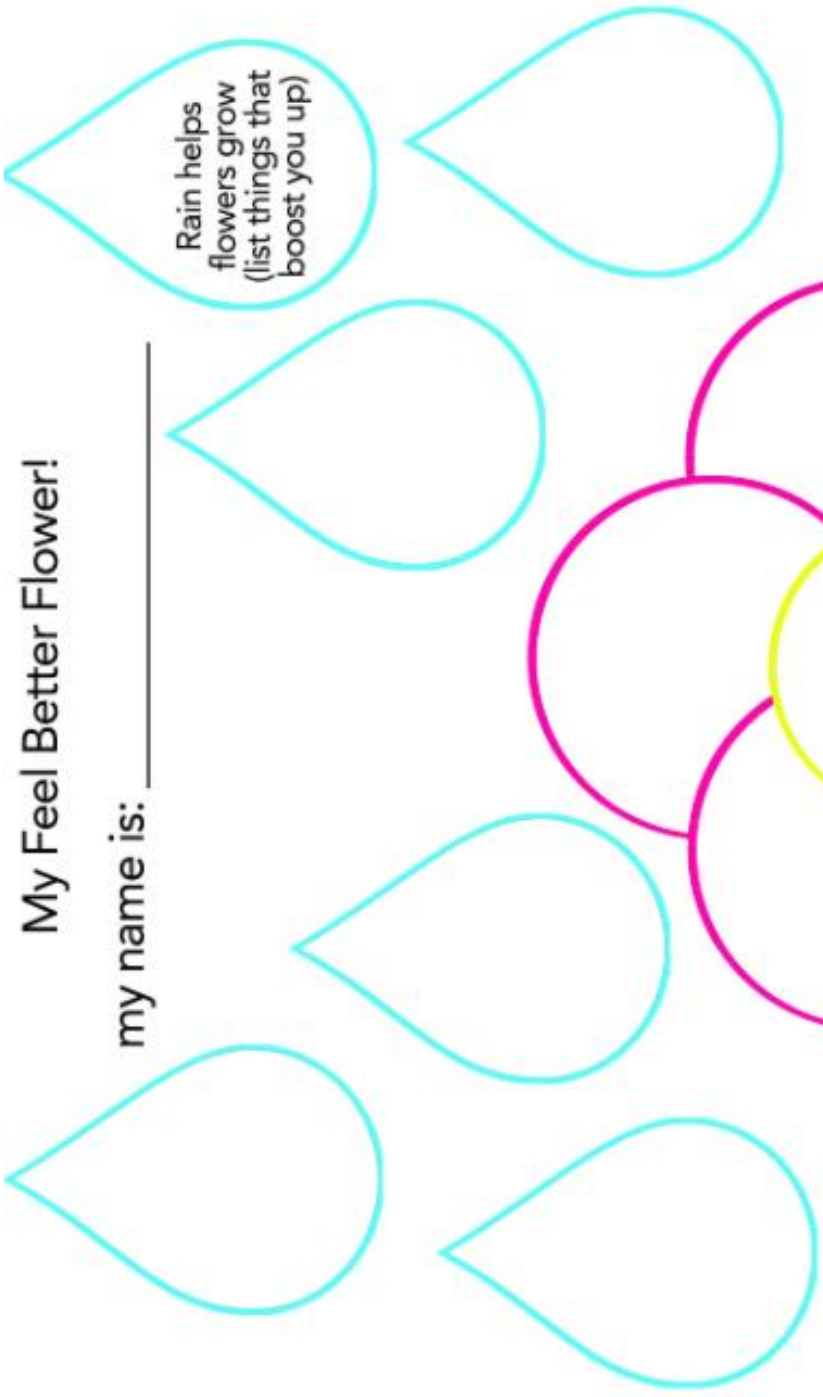
ACTION FOR HAPPINESS

Happier · Kinder · Together

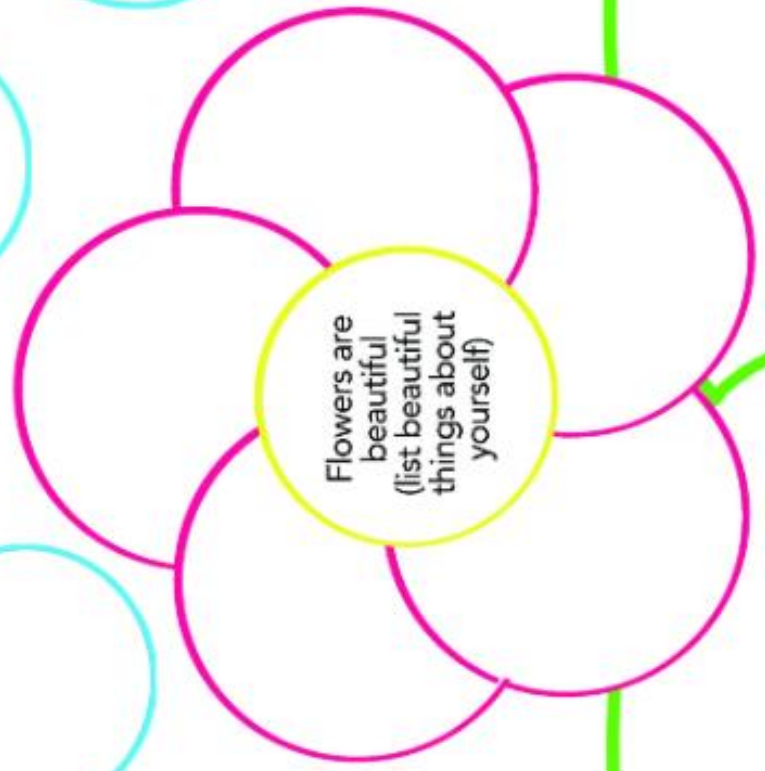
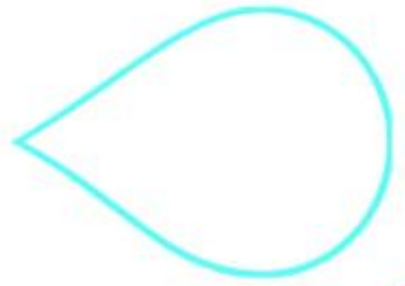


My Feel Better Flower!

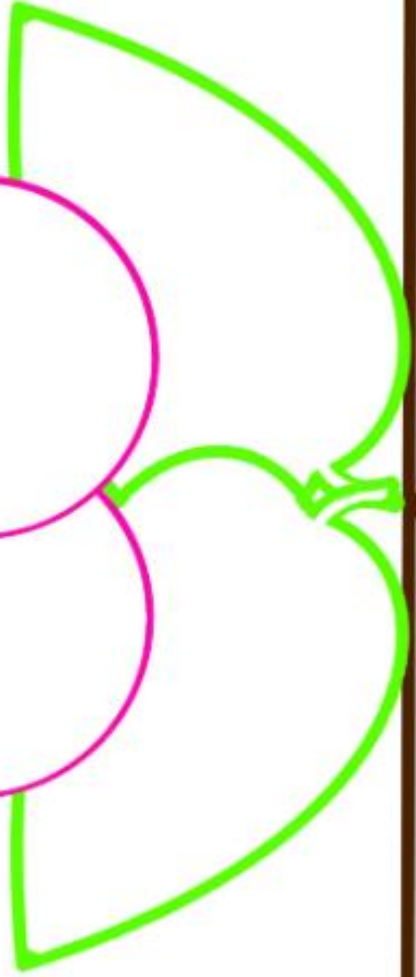
my name is: _____



Rain helps
flowers grow
(list things that
boost you up)



Flowers are
beautiful
(list beautiful
things about
yourself)



Roots support the flower
(Name people that support you)