

### Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange. The aim of the session is to use their power of sight to notice things around them right now in the present moment. When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing. See attached sheet.

### Reflection

It is normal for children to feel worried now and then—whether it is something big or small. When your child feels worried, ask them to write down (or say) what they think will happen. Then pause and ask, “Is this really likely?” Talk about what might happen and write that down too. Afterward, revisit the worry and note what really happened. This simple reflection helps children see that most worries don’t come true—and even when things go wrong, it’s often not as bad as they feared. Use the link below to access a worksheet designed to guide the activity—an excellent tool for building confidence and resilience over time.

[Social Emotional Learning Worry Feelings Worksheet in Pastel Clean Style.pdf](#)



**May 2025**

## **Wellbeing Newsletter**



### Mental Health Awareness Week

This year, Mental Health Awareness Week will take place from **12th to 18th May 2025**.

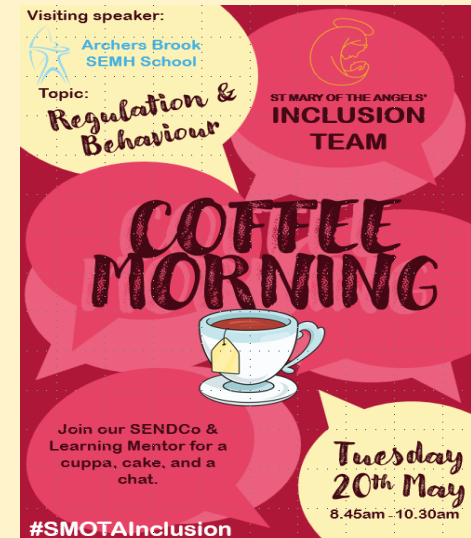
The theme for 2025 is 'Community', and we want to use Mental Health Awareness Week to celebrate the power and importance of community. Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose.

[My Mind :: Cheshire and Wirral Partnership NHS Foundation Trust](#)

[Home - Mind](#)

[Mental Health Awareness Week 2025 toolkit of resources](#)

Following the evening presentation with Dr. Rory Formstone-Roberts on Emotional Co-Regulation Support on **Tuesday, 13th May from 5:30pm to 6:30pm**, we are pleased to welcome him back for a relaxed coffee morning on **Tuesday 20<sup>th</sup> May 8:45-10:30am**. This informal session will offer further support and an opportunity to ask any follow-up questions from the evening. Everyone is warmly welcome to attend.



### Pretend to be a seed

Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



# Meaningful May

“Logic will take you from A to B. Imagination will take you everywhere.” - Albert Einstein

Meaningful May 2025

MONDAY



TUESDAY



WEDNESDAY



THURSDAY

1 Do something kind for someone you really care about

FRIDAY

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

SATURDAY

3 Take a step towards an important goal, however small

SUNDAY

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 hand-written 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



# Mindfulness Rainbow Walk

What can you see that is:

- Red
- Yellow
- Blue
- Green
- Orange

Write what you see  
in each colour of  
the rainbow

