

Childrens Well-being Newsletter

Welcome to our first well-being newsletter. Below are ideas with helpful web links to support your well-being.

Being present

Being present is another way of saying “to be in the moment”. The NHS website says “paying more attention to the present moment can improve your ,mental well-being. This includes your thoughts and feelings, your body and the world around you”

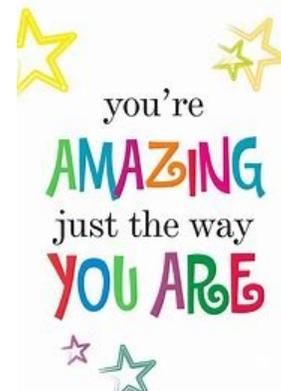
- Take a moment to pause and focus.
- Close your eyes and take some deep breaths- in through your nose and out through your mouth
- Focus on your senses

What can you smell?

What can you hear?

What can you taste?

What can you touch?



☆ think HAPPY
BE happy ☆

Here are some more websites for you to explore for more mindfulness activities:

<https://www.mindful.org/mindfulness-for-kids>

<https://cosmickids.com/>

<https://www.headspace.com/meditation/kids>



Five day kindness challenges: Weather and the Planet

- Day 1 What is weather? Look outside the window- is it sunny, raining or something else? Think about why the weather is how it is today. If it is raining- where does the rain come from? If it is sunny—why is it warmer today than another day?
- Day 2 Today, go outside and enjoy the weather. When you come back inside, think about how it made you feel, and how different kinds of weather can have an effect on you. How did today make you feel?
- Day 3 Think about what a perfect day would be like. Draw or paint a picture of yourself enjoying your perfect day?
- Day 4 In some places in the world the weather has changed very quickly. Look up climate change on the internet what does it tell you?
- Day 5 What can we do to stop climate change? All of us have some responsibility but much of the changes in climate change comes from big companies. Think about how you can prevent pollution at home. Make a poster to show this.

Places to go for Support and Advice:

<https://www.mind.org.uk/information-support/for-children-and-young-people>

<https://www.nhs.uk/oneyou/every-mind-matters>

<https://www.nspcc.org.uk>

<https://www.childline.org.uk/info-advice/your-feelings/mental-health>

“Sometimes you will never know the value of a moment, until it becomes a memory.”

Dr Seuss