



### Wellbeing Newsletter No. 3

It has been wonderful to see the great things you have all been doing this week to explore Children’s Mental Health Awareness Week. Well done to you all.

The focus of this week’s newsletter is **Mindfulness**.

Please remember to look at our wellbeing page to get information, links and videos.

<https://stgiles.herts.sch.uk/curriculum/wellbeing/>

It would be great to hear how you get on with the activities we suggest in these newsletters, or any feedback you would like to give or things you would benefit from, from our wellbeing page and newsletters. Please email

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## Five Ways to Wellbeing

As mentioned in our first newsletter, we focus as a school on the Five Ways to Wellbeing. Below are some more ideas of things you can try in this coming week to really prioritise wellbeing in your home.

Connect	Be active	Take Notice	Keep Learning	Give
<p><i>Curious Conversations – create some cards and with your family, shuffle the cards, read out the questions and take turns to answer. Great for Facetime/video conversations too.</i></p> <ul style="list-style-type: none"> <li>• Divide an A4 sheet of card or paper into twelve equal-sized boxes.</li> <li>• Cut them out so you have 12 small cards</li> <li>• On each card, write a question or topic to discuss with your friends.</li> <li>• The aim is that each card will start a conversation!</li> </ul>	<p><i>‘Happy Games’ event – gather your family, head outside and have fun!</i></p> <p>Ideas for activities:</p> <ul style="list-style-type: none"> <li>• How many times can you throw a ball up in the air and catch it again, clapping three times after each throw?</li> <li>• Who can skip on the spot for the longest time while singing a song?</li> <li>• Race while balancing a potato on a spoon and stepping over small obstacles</li> <li>• After each activity ask everyone to give themselves a happiness score out of 10 to show how much they enjoyed it.</li> </ul>	<p><i>Be mindful and present when outside – leave your screens at home.</i></p> <p>Next time you go out for a walk, practise ‘noticing and being present’</p> <ul style="list-style-type: none"> <li>• What does the air feel like on your skin? Is it warm or cold?</li> <li>• Look up at the sky. What can you see? Is it sunny or is it rainy?</li> <li>• What shapes and colours are around you?</li> <li>• What about the smells and scents?</li> <li>• What sounds can you hear?</li> <li>• After your walk, you could draw a picture of something beautiful you noticed.</li> </ul>	<p><i>Create a curiosity collage.</i></p> <ul style="list-style-type: none"> <li>• Next time you’re out for a walk, look up high and look down low.</li> <li>• Collect small items such as leaves, take some photographs or draw pictures of all the new things you have seen or found.</li> <li>• Attach them to a big sheet of paper, label them and decorate your curious collection.</li> <li>• You could get even more curious and find out a fact about each item you’ve collected and add these to your collage.</li> </ul>	<p><i>The ‘many ways of being kind’ challenge</i></p> <p>Make a list of all the ways you could be kind or help other people. Some things will be quick and easy; others will be harder or take longer.</p> <ul style="list-style-type: none"> <li>• How many ideas can you think of right now? Keep thinking and add to your list – can you get to 100 different ways of being kind, giving or helping people?</li> <li>• Take the challenge to the next level by trying to do everything on your list. It may take a few weeks or even months and you might need help with some things but give it your best shot – how many can you do?</li> </ul>

## Some Mindfulness Activities

### Sitting still

- Sit comfortably and as still as you can for a full minute.
- During this time, pay attention to what may be happening in your mind or body.
- Don't worry if you don't quite get the hang of it – the whole point of mindfulness is not to focus on succeeding but to pay attention to the experience.



### The Volcano

- Sit comfortably with your back straight and you can close your eyes if you wish.
- Imagine you are a big and powerful volcano and be aware of your feet on the ground.
- Imagine what it would feel like to be that volcano.
- Repeat this for a few minutes before bringing your awareness back to the room.



During recent months, the situation has been extremely uncertain. The future is also uncertain - we still don't know what will happen, how long it will last or what things will be like when it's over. One thing we do know, however, is that worrying about it won't change the outcome. Learning how to tolerate the uncertainty is a huge part of building healthy coping skills for ourselves, which we can then model for our children. Mindfulness helps bring us back to the present.

### Try some of these ideas:

- **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
- **Mindful Meal:** Pay attention to the smell, taste and look of your food. No multitasking.
- **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
  - **Blowing Bubbles:** Notice their shapes, textures and colours.
  - **Colouring:** Colour something. Focus on the colours and designs.
- **Listening to Music:** Focus on the whole song, or listen specifically to the voice or an instrument.

*Trying some of these ideas as a family is a great step to being more mindful.*

### Conversation Corner

Some questions to discuss in your families:

- **Would you rather go to space or the bottom of the ocean?**
- **Would you rather have hands for feet or feet for hands?**
- **If you could have any pet, what would you choose?**
- **Would you rather have a flying carpet or a car that can drive underwater?**
- **If you could have any superpower, what would it be?**