



Wellbeing Newsletter No. 4

Resilience is an important quality for children to have for life. Resilience is the ability to cope when things go wrong. Dealing with challenges and still holding your head up. Giving things a go or trying your best. Being able to cope with what life throws at you and shrug it off. Standing up for yourself. Resilience is the ability to persevere when faced with adversity, stress or change.

At St Giles we use a term called RRR which stands for Resilience Reaps Rewards.

People who show resilience realise:

- *Having a positive attitude helps you to succeed.*
- *Not giving up helps you to feel proud of your achievements and yourself.*

People show resilience by:

- *Believing in themselves.*
- *Having a positive and stoic attitude.*
- *Bouncing back from disappointment.*

Here is a short video of tips of how to build and nurture resilience:
<https://www.youtube.com/watch?v=UiFYqiBpt-w&feature=youtu.be>

Please remember to look at our wellbeing page, there are lots of tips, videos and some activities. There are also some Valentine's Day themed activities and yoga to try this half term. This page will be updated regularly, so please use it: <https://stgiles.herts.sch.uk/curriculum/wellbeing/>.



Five Day Half Term Kindness Challenges - Theme – Kind to the Planet

Day 1	Go for a long walk today make sure to pay attention to all the different plants, trees, flowers and animals that you walk past. Remember to take some pictures to hopefully find one to enter our <u>Take Notice Challenge</u> . <i>(This is explained further down)</i>
Day 2	Do you know what your family's favourite flowers are? Ask someone in your house, or you could phone a grandparent and ask them to tell you what flowers they love and ask them to describe them. Then you could make them a drawing of the flower based only on the description they gave you!
Day 3	Think about how humans impact nature in different ways. During the Coronavirus lockdown, nature has started to flourish while humans stayed at home. Search for stories online (with an adult) about how nature has taken back control while people have stayed at home during lockdown.
Day 4	Do you know what kind of trees are growing on your street? Go for a walk near where you live and take notes of the trees you see. Then, go back home and do some research. What are their names?
Day 5	Decide which your favourite tree from yesterday was and when out walking see if you can find another tree that is the same. You could also try and do some planting – you could make your own herb garden in the kitchen?

Five Ways to Wellbeing

Over half term you could try some of these ideas:

Connect	Be active	Take Notice	Keep Learning	Give
<ul style="list-style-type: none"> • Put some music on loud and spend 30 minutes dancing and singing. • Go for a walk • Have a family Yoga session with Cosmic kids. 	<ul style="list-style-type: none"> • Phone your Granny or Grandad to see how they are. • Facetime a friend. • Draw a nice picture for a neighbour or friend and post it through their. 	<ul style="list-style-type: none"> • Look closely at what's around you:- • Go on a nature hunt – what different birds, leaves, trees and flowers do you see? • Take a fab February picture and enter our Take Notice Challenge. You can email your entry to Lisa.wilson@stgiles.herts.sch.uk <p>The pictures are anything that you see in nature over this week that you think is beautiful for whatever reason. I will then share these after half term.</p>	<ul style="list-style-type: none"> • Learn something new:- • Bake a cake, make pancakes, or learn to peel potato • Learn to tie your laces. • Maybe you could learn the words to a song and have a singing/karaoke night with your family? 	<ul style="list-style-type: none"> • Help In the house. Could you have a go at washing and drying the dishes, or even better, have a good bedroom tidy! • Pick up a few pieces of litter from outside and put them in the bin.

Conversation Corner

Some questions to discuss in your families:

- **If you could go to space – who would you want to bring with you and why?**
- **What have you learned this week that you didn't know last week?**
- **How can you make another person's life happier?**
- **We share our world with birds, animals, fish and insects. How can you help care for them?**