

Feel Good February

Hello and welcome to our first mental wellbeing newsletter.

Our current situation is an extremely difficult one, leaving many of us, both adults and children, struggling with our thoughts and feelings. Hopefully, this will bring some new ideas and suggestions which will help and support you and your family.

If we can be of any help in school, please do not hesitate to contact us . Take care and stay safe always, Mrs. J. Cartwright.

Article 24 of the UNCRC says that healthcare for children and young people should be as good as possible, and also goes further than this by saying children and young people have the right to be both physically and mentally fulfilled.

Looking after your Mental Health and Wellbeing

Plan your day

As tempting as it might be to stay in your pyjamas all day, regular routines are important for a healthy body and a healthy mind. Plan a focus for the day e.g. to read 2 chapters of your book, design a new game.

Move more every day

Being active reduces worries, increases energy levels and can make us more alert and help us sleep better. Try a relaxation technique Relaxing and focusing on the day can help our mental health .Why not try some children's yoga during the day. Below is the yoga link:

<https://video.link/w/ICPMb>



Connect with others

Find fun ways to keep in touch with your family and friends, e.g. sharing a joke, playing a game together, reading a story via face time or phone. You could send a friendly text or post a drawing or a letter to a friend.



Take time to be grateful

Make time each day for you and your family to think about what went well. It is important to recognise your successes and the things you are grateful for, no matter how small. You could start a diary where you write or draw two or three things you have been proud about or are grateful for that day.



Support and advice for Parents and Children

every mind matters

These websites from the NHS offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family: <https://www.nhs.uk/oneyou/every-mind-matters/> ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well. FREE during the coronavirus crisis.



The NSPCC are offering support and advice if you feel your child is struggling with their mental health and anxiety due to the coronavirus. More information and advice can be found on their website:

<https://www.nspcc.org.uk/keeping-children-safe/coronavirusadvice-support-children-families-parents>

Young Minds – <https://youngminds.org.uk>

Kooth are an online mental wellbeing community.



Communicate any concerns with school

If you have any worries or concerns about your child's wellbeing, then please let school know.



5 Ways to Wellbeing

NSPCC

YOUNGMINDS
fighting for young people's mental health

Mental Wellbeing & Mindfulness Activities

A range of creative activities to support and develop emotional and mental wellbeing, building confidence from early years right through to year 13 pupils, through positive physical, mental, social and emotional companionship, challenge and fun.

Mindfulness ME Activity Calendar

Use this calendar to plan some activities to support your mental wellbeing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Say Good Morning to a family member	Sing a song with someone	Make something for dinner together	How many people are in your family? draw a picture of them	Go on a shape hunt. Can you find a ▲ ■ ●	Go for a walk with a family member what can you see? hear? Smell?	Ask a friend what's their favourite game to play?
Give someone an air high 5!	Tell someone in your family what you like about them	Do some exercises with your family	Look in the mirror. What do you like about yourself?	Do you know any nursery rhymes or famous songs?	Play a game with someone in your family	Can you make a sandwich for someone in your family and share it?
Go outside and see if you can find something colourful.	Talk about what you did at school today	Can you complete a jigsaw puzzle with someone in your family?	Make a wish	Tell someone that you love him or her	Think of words that rhyme	Help with jobs around the house
Write a letter to another family member	Tell a joke 😊	What has been great about today?	How many different colours of leaves can you find?	Offer to make someone a drink	Ask someone how their day has been today?	Play hide and seek



ACTION CALENDAR: FRIENDLY FEBRUARY 2021



MONDAY

1 Send someone a message to say how much they mean to you

8 Share what you're feeling with someone you really trust

15 Smile at the people you see and brighten their day

22 Give sincere compliments to people you talk to today

TUESDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise

WEDNESDAY

3 Do an act of kindness to make life easier for someone else

10 Look for the good in people, even when they frustrate you

17 Respond kindly to everyone you talk to today, including yourself

24 Tell a loved one about their strengths that you value most

THURSDAY

4 Organise a virtual 'tea break' with colleagues or friends

11 Send an encouraging note to someone who needs a boost

18 Appreciate the good qualities of someone in your life

25 Thank three people you feel grateful to and tell them why

FRIDAY

5 Show an active interest by asking questions when talking to others

12 Focus on being kind rather than being right

19 Share a video or message you find inspiring or helpful

26 Give positive comments to as many people as possible today

SATURDAY

6 Get back in touch with an old friend you've not seen for a while

13 Send a friendly message of support to a local business

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

SUNDAY

7 Make an effort to have a friendly chat with a neighbour

14 Tell your loved ones why they are special to you

21 Actively listen to what people say, without judging them

28 Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Happier · Kinder · Together