

Imagine if... wellbeing and mental health newsletter. Spring break.

Welcome again!

I'm wondering how you are feeling about the past two months? For me the changes that they have brought have been both welcome and challenging as I settle into a new 'normal'!

You may have noticed that I have changed the title to *'Imagine if...'* as a reflection of new times to come as the World gently wakes and we welcome the sunshine once more.

Kindest regards,
Miss Fran Barber

Five Ways to Wellbeing... the Steam Mills whoosh!

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them.

<i>Connect</i>	<i>Activity</i>	<i>Be curious</i>	<i>Keep Learning</i>	<i>Give</i>
<p>With seasonal and Religious celebrations throughout Spring many of us hope to reconnect with loved ones.</p> <p>Sharing our challenges and joys with them helps our mental health and well-being.</p> <p>During the past lockdown year there have been many ways to connect.</p> <p><i>Staying connected reminds us that we belong.</i></p>	<p>With Spring in the air movement can be an effective way to work through feelings held in the body.</p> <p>How about a blowing off the Winter cobwebs by going for a walk in nature, dancing to your favourite songs or returning to the leisure facilities when they reopen.</p> <p><i>Be as active as you are able to; listen to what your body needs.</i></p>	<p>I have noticed, with awe and wonder, the changes this season is bringing. Spring flowers are appearing and lambs are frolicking in the woods.</p> <p>In noticing this I am reminded of the Beatles song 'Here comes the sun.'</p> <p><i>How will you celebrate the coming of Spring?</i></p>	<p>Communities celebrate Springtime in many different ways.</p> <p>What are the similarities and differences between Easter and Holi?</p> <p>What is meant by the Spring equinox?</p> <p>So many questions!</p> <p><i>Learning new skills helps us develop curiosity.</i></p>	<p>I wonder how many different ways we give to ourselves as well as others.</p> <p>Gifts need not be presents, more often people desire presence.</p> <p>The gift of being with someone, a smile, a listening ear, knowing you hold them in your heart and thoughts.</p> <p>These are just as valuable.</p> <p><i>Ask of yourself what can I give in this moment?</i></p>

Here comes the sun!

Let's make...

Spring time arts and crafts for little fingers!

<https://theimaginationtree.com/15-spring-activities-for-kids/>



Spring watch.

The BBC have a range of programmes for different ages and audiences to spot the signs of Spring in nature.



Cbeebies

<https://www.bbc.co.uk/programmes/b007qgpb/episodes/guide>

Cbbc

<https://www.bbc.co.uk/cbbc/shows/springwatch-on-cbbc>

Here comes the sun!

Which songs fill your heart with sunshine? Make a quiz for friends and family!

Here is one of my favourites 'You are my sunshine' by Jimmie Davies

https://www.youtube.com/watch?v=ckKeQNCyPBU&ab_channel=mblindfreddy9999

Easter around the World.

How are other countries and cultures Easter traditions different and similar to yours?

<https://www.bbc.co.uk/bitesize/articles/z4rnjhw>



What does equinox mean and why is Easter on different dates each year?

Find out the answer to these questions ... and more on the Greenwich Museum website.



<https://www.rmg.co.uk/discover/explore/when-winter-solstice>

Daffdowndilly



A.A.Milne wrote a poem about the daffodil named Daffdowndilly. She wore her yellow sun bonnet

She wore her greenest gown
She turned to the south wind
And curtsied up and down
She turned to the sunlight
And shook her head
She whispered to her neighbour

"Winter is dead."

Which Spring flower might inspire you to write a poem?

Your Mental Health and Wellbeing matter.

Here are a few websites that may offer support during the Spring break.

- Action For Happiness <https://www.actionforhappiness.org/>
- Mind <https://www.mind.org.uk/>
- Teens In Crises (TIC Plus) <https://www.ticplus.org.uk/>
- Children and Young People Mental Health Services <https://www.camhs-resources.co.uk/websites>
- Young Minds Matter <https://youngminds.org.uk/>
- Off the Record Mental Health Charity <https://www.otrbristol.org.uk/>
- Heart-Mind online <https://heartmindonline.org/resources/heart-mind-well-being-a-guide-for-kids>

