

# Steam Mills wellbeing newsletter November 2020

Welcome back to the second term of school.

Did you know that the 13<sup>th</sup> November is National Kindness Day! I have used Kindness as this month's newsletter theme and have included suggestions for activities linked to looking after our mental health and wellbeing.

If you have any concerns about your child's mental health/wellbeing, you can contact me via e-schools between 9am and 3.30pm Tuesday to Thursday.

Warm wishes

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. We would love to hear how you are getting on via e-schools and any ideas are welcome.

<i>Connect</i>	<i>Activity</i>	<i>Take Notice</i>	<i>Keep Learning</i>	<i>Give</i>
<p>Perhaps you are missing someone, and they are missing you.</p> <p>As we enter a second lockdown I wondered all the new ways I have learned to stay connected and show kindness towards others.</p> <p><i>Staying connected through messages of kindness reminds us that we belong.</i></p>	<p>I wonder how many of us feel a sense of tension in our bodies.</p> <p>Movement can be an effective way to work through feelings held in the body.</p> <p>As Taylor Swift sings 'Shake it off!' Through dance, yoga, a walk through leaves, cycling ...how many more can you think of?</p> <p><i>Be as active as you are able to, it's just as important to rest. Listen to what your body needs.</i></p>	<p>As I wandered through the Forest I noticed a FOD rock, a random act of kindness gifted to the finder.</p> <p>I wonder how many random acts of kindness you have noticed around you?</p> <p><i>Random Acts of Kindness.</i></p>	<p>What does it mean to be kind?</p> <p>How can we show it?</p> <p>How does it feel?</p> <p>Design a bubble map with all the different feeling words you can find that mean 'KIND'</p> <p><i>Learning new skills helps us develop curiosity.</i></p>	<p>I wonder how many different ways we can show kindness to ourselves as we enter lockdown.</p> <p>For some it may be the need practice self-care which nurtures both body and soul.</p> <p><i>Ask of yourself what do I need in this moment?</i></p>

# Kindness



## Pass it on

Make a list of the different Random Acts of Kindness you can **safely** do.

1. Write a message for a friend.
2. Share a smile.
3. Say thank you.
4. Help tidy up.
5. Let your friend go before you.
6. Make a FOD rock.

<https://www.deanheritagecentre.com/whats-on/fod-rocks-visiting-the-dean-heritage-centre>

7. Donate a gift to charity.
8. Make a kindness word-search.

<https://www.education.com/worksheet-generator/reading/word-search/>

9. Encourage someone.
10. Explain why someone is your hero.

<https://www.twinkl.co.uk/resource/t-t-12464-superhero-activity-pack>

How many more ideas will you add?

<https://www.bbc.co.uk/cbeebies/radio/whats-the-big-idea-kindness>

Elmo, K is for kindness:

<https://www.youtube.com/watch?v=IMGb4XhlotQ>

Each month Action for Happiness publish a calendar. Here is November's and the website you can access it from. <https://www.actionforhappiness.org/>



[https://www.youtube.com/watch?v=9\\_1Rt1R4xbM](https://www.youtube.com/watch?v=9_1Rt1R4xbM)

Remember your feelings are not right or wrong, they simply exist.

Try to meet them using the school's PACE model.

**P: Playfulness** Use toys to communicate through. Often children will voice their joys, fears and worries to a favourite bear than to an adult.

**A: Acceptance** Communicate a sense of warmth and nurture of the child. Reprimand the behaviour rather than the child themselves.

**C: Curiosity** Use sentences starting with I to lend curiosity. I'm wondering if, I can see, I feel.

**E: Empathy** Imagine the point of view from the child. Check out the Sesame Street link:

