

We hope that you are all well staying safe and settling into a new way of learning from home.

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly important in these challenging circumstances. There is no expectation to complete these tasks, they are just there for you to use as you wish.

If you have any concerns about your child's mental wellbeing, please contact School and we will do all we can to support you.

Mrs Stevens

## Five Ways to Wellbeing

At school we promote the 'Five Ways to Wellbeing' which are a set of really simple actions we can all take, which have been shown to improve people's wellbeing. Here is a suggestion for each way to wellbeing.

I would love to hear how you are getting your 'Five a day.'

Email me on [year.two@ellwood.gloucs.sch](mailto:year.two@ellwood.gloucs.sch) to let me know what you have been doing.

Connect	Be active	Take Notice	Keep Learning	Give
Connect with the people around you. Go for a socially-distanced picnic. Take time to make a special picnic, including some lovely healthy treats. Enjoy spending time with others, surrounded by our beautiful forest.	We all know exercise is good for your body, but it is good for your mind too.  Go for a run. Time yourself on a route and then have a go as often as you can over a set period of time. Can you improve your time? How does it make you feel?	Be aware of the world around you and how you are feeling.  Take time in your garden or on your walks to do some bird spotting. Can you name them? Where do you find them? What are they doing? Can you hear the difference in their songs?	Learning something new keeps our brains healthy, and the sense of achievement we get from learning something is great for our wellbeing.  Use the information on the next slide to learn the names of some common birds.	Evidence shows that helping others is actually beneficial for your own mental wellbeing too.  Give your time. Ask a family member what they would like to do and give them a day all about them. You might learn a little bit more about each other.

Have you looked at the Wellbeing Section of our School website yet?

There are lots of useful links to websites which offer mental health advice and support.

We all have a mental health so we all need to take steps to help keep it healthy, just like our physical health! Axel Scheffler has illustrated a digital book for primary school age children, free for anyone to read on screen or print out, about the coronavirus and the measures taken to control it.

([https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus\\_ABookForChildren.pdf](https://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus_ABookForChildren.pdf))



# Go birdwatching

How many of these birds can you see around where you live?

As you spot each bird, write down where you saw it.



### House sparrow

Look in hedges, parks and gardens for small, chirpy, streaky brown birds. Male has grey cap and black chin; female is plainer.

Where?



### Starling

Bigger than a sparrow, but smaller than a blackbird (speckled in winter), short tail, pointed beak and waddling walk. Often in flocks.

Where?



### Blue tit

Tiny green and yellow bird with blue wings and tail. Look for blue cap edged with white. Common in gardens and woods.

Where?



### Blackbird

Common in gardens and woods, between sparrow and pigeon in size. Male black with yellow beak, female brown.

Where?



### Woodpigeon

Common, big, grey pigeon with a white band on the wing and white neck patches. Wings make a noisy clatter. Often in flocks.

Where?



### Robin

A small, perky garden and woodland bird. The orange-red face and chest are unique but not quite as bright as you might expect.

Where?



### Great tit

Smaller than a sparrow but bright, bold and noisy. Has a black cap, big white cheek patches and black stripe down front.

Where?



### Goldfinch

Brightly-coloured sparrow-sized, usually seen in flocks, giving ringing calls.

Where?



**Action**

Write and tell us what you saw when you went birdwatching.



### Collared dove

A small, slim, pale dove. Look for the thin black band around the back of the neck. Often in gardens.

Where?



### Magpie

Big, long-tailed black and white bird like nothing else. Makes loud chattering noise. Often in gardens, farmland and woods.

Where?



### Chaffinch

A sparrow-sized bird of gardens, fields and woods. Look for two white bars across the wing and white sides to the tail.

Where?

# Wild activities!

[www.rspb.org.uk/wildchallenge](http://www.rspb.org.uk/wildchallenge)  
Sign up and earn rewards!

Wild Challenge

