

Ellwood Primary School  
Wellbeing Newsletter No. 2

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.

### 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 an explanation of each one.

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.

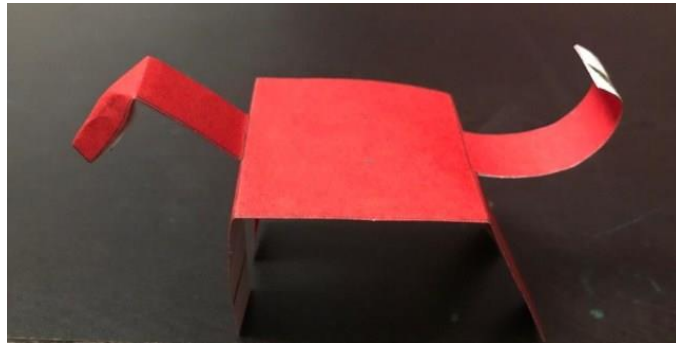
Connect	Be active	Take Notice	Keep Learning	Give
Connect with the people around you. This is something which is particularly important, but also challenging during this time. Online platforms are a great way to enable us to see family and friends as well as speaking on the phone. It's ok to miss people right now, but think about what you could do to feel closer to each other. Talking to others about how you are feeling is hugely important for your mental wellbeing.	We all know exercise is good for your body, but it is good for your mind too. Current guidance says that everyone can go out each day for a walk, cycle or run. There are lots of online workouts covering a wide range of activities and abilities that can be done within the home. If you have access to a garden or outdoor space, you can use this to get active. It doesn't have to be a strenuous workout, playing tag always gets the heart pumping.	Be aware of the world around you and how you are feeling. Take some time each day to check in with your own thought and feelings, this could be through a conversation with others, or alone, depending on what you feel you need. By paying attention to the present moment, we might enjoy things more and even notice things that we would have otherwise missed. Have you noticed the wonderful signs of Spring or a woodland animal on your daily walk?	Learning something new keeps our brains healthy, and the sense of achievement we get from learning something is great for our wellbeing. Talk as a family about what skills you have and what skills you would like to develop or even learn something brand new. More than ever, there are lots of free online courses and classes to access which cover a wide range of activities. Learning is a lifelong journey that doesn't end when you leave school.	Evidence shows that helping others is actually beneficial for your own mental wellbeing too. At a time like this, it is possibly more important than ever to help each other. Ask a family member if they need help in completing a household job, support each other in your home learning, think about what you could do without being asked. You can also 'Give' to others outside of your household. Start a smile and see how far it travels or put a rainbow in your window.

## Keep Learning

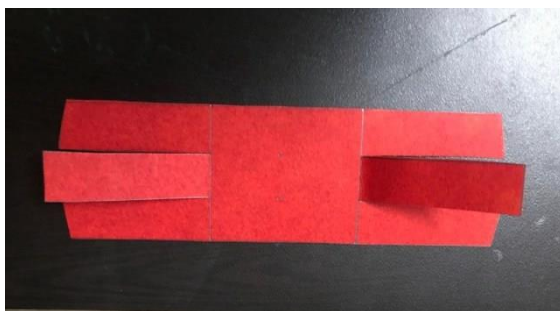
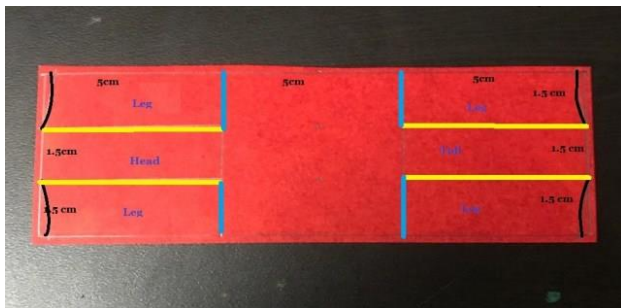
# Make a Walking Paper Horse

### What you will need:

Card paper  
Ruler  
Scissors  
Pencil  
A slanted surface  
Lots and lots of patience!



### How to go about it:



Copy the template onto card paper or a thick sheet of paper. The paper should be easy enough to fold and thick enough to stand on its own (so the horse can walk!). Use a ruler to draw the shape below. Start with a rectangle that is 15cm by 4.5 cm. Then divide it up as shown here, into three 3cm x 1.5cm strips, one 3cm x 4.5cm rectangle and then three more 3cm x 1.5cm strips. Draw lines 3mm from the outer edge of the leg strips, to the side. To create small triangles at the feet.

Cut around the perimeter of the rectangle, then cut along the yellow lines. You should now have a rectangle with 3 hanging strips on either side. Don't forget the small curved cuts on the horse's legs. This step is very important and is what makes the horse walk.

Fold in the strips. The strips on the sides are the legs of the horse, while the middle one is for the head and tail – one on each end. Make sure the legs are folded straight.

Fold the head of the horse. Bend the strip in half and then bring the two other edges of the strip together towards the centre.

Roll the tail of the horse with a pencil (though horse's tails are not curved!!). Note that a well-rolled tail balances the horse on its legs.

Place the horse on a slope. Try a few different slope heights and choose one that works best. Also try different textures. This is a perfect lesson on friction – just enough that will help the horse walk and not slide down. Give your horse a little tilt and see if it walks, if it doesn't, try again! It might take a few tries (quite a few actually) to get the horse walking. But it will feel amazing when you do it!