

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.

# GARDEN YOGA FOR KIDS



## Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



## Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



## Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



## Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



## Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

