

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.  Plan a special meal. This could be a picnic in your garden, a big brunch or an evening meal. You could all get dressed up and have a min dinner party.	We all know exercise is good for your body, but it is good for your mind too.  Have a go at the nhs 10 minute 'shake-up' activities. <a href="https://www.nhs.uk/10-minute-shake-up/shake-ups">https://www.nhs.uk/10-minute-shake-up/shake-ups</a>	Be aware of the world around you and how you are feeling.  Enjoy singing a song as a family. Share some of your favourite songs which always put you in a good mood.	Learning something new keeps our brains healthy, and the sense of achievement we get from learning something is great for our wellbeing.  Everyone choose a topic that you are interested in and carry out some research. Share three interesting facts with each other. What have you learnt?	Evidence shows that helping others is actually beneficial for your own mental wellbeing too.  Support your local businesses. Plan a day trip to a local attraction for in the summer holidays. You don't need to spend much money, but see if you can give your support.

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!

How much sleep does your child need?

<https://www.nhs.uk/live-well/sleep-and-tiredness/how-much-sleep-do-kids-need/>

## Be Active

# Mr Incredible's Big Jump



- 1** Mark out a course to jump along and pretend you're preparing for some incredible action. Make sure you can jump from one mark to another and they are not too far apart.



- 2** Take it in turns to jump along the course.



- 3** Keep doing the course until you get to the end.



- 4** Try leapfrogging over your friends to jump higher, too!

