

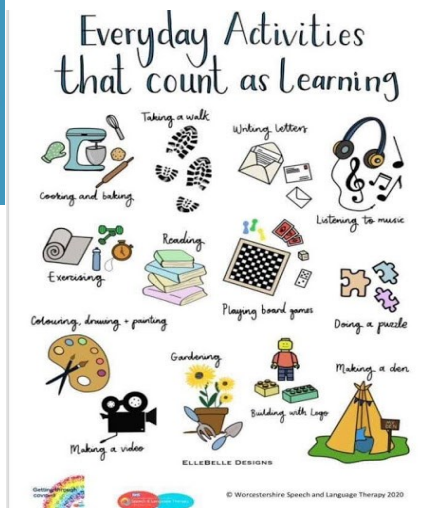


If there is anything you would like to add or see as part of our monthly wellbeing newsletters. Please let Lindsay Cooper-Smith know by emailing

L.cooper-smith@discoverymat.co.uk



<https://www.worldofdavidwalliams.com/elevenses/>



**IF YOUR KIDS GET BORED AND HAVE A TABLET, THEY'LL LOVE**

**EDINBURGH, PAIGNTON AND SANDIEGO ZOO LIVE CAMS**

**YOU CAN VIEW DIFFERENT ANIMALS.** AS SEEN ON MONEY SAVING

1. EDINBURGHZOO.ORG.UK/WEBCAMS/PANDA-CAM
2. ZOO.SANDIEGOZOO.ORG/LIVE-CAMS
3. PAIGNTONZOO.ORG.UK/EXPLORE/WEBCAMS

**Need to talk?**

**if you are under 18 and living in Plymouth you can call for mental health advice and support 24/7**

**Urgent Response 01752 435122**

**Livewell**

**Place2Be's CHILDREN'S MENTAL HEALTH WEEK**

**1-7 FEBRUARY 2021**



### 12 Rocks Of Well-Being

- Rock 1 – Sleep – 8-9 Hours a night
- Rock 2 – Exercise – 20 mins per day
- Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar
- Rock 4 – Mindfulness – be present without judgement 5-10 mins
- Rock 5 – Mind Wandering – allow your mind to social problem solve
- Rock 6 – Manage Emotions – notice, accept, share with trust
- Rock 7 – Walk Outside in Nature
- Rock 8 – Listen to Music – 20-30 minutes
- Rock 9 – Connect meaningfully with friends and family
- Rock 10 – Gratitude and Kindness- express both explicitly each day
- Rock 11 – Engage in activities important to your life's purpose
- Rock 12 – Learn, Play, Create, Read



**CULTIVATE KINDNESS**

- Connect
- Understand
- Listen
- Take Time
- Inspire
- Value
- Accept
- Teach
- Empathize

*\*even the smallest flower can scatter magnificent seeds.\**