

Well-being Wednesday



Dear families,

Just like 5-a-day fruit and veg helps our physical health, there are things we can do to help our minds stay healthy and well. Each Wednesday I will send out ideas and ways to keep our minds positive and practise our well-being.

One of these is being charitable and giving to others. Here below are some ideas for children and adults to try.

We'd love to see what you've been doing. Email in with your pictures and you might make an appearance on our Instagram page. If you rather we didn't post it, please let us know, (and of course we will continue to practise GDPR regulations).

Ms Suleyman

Do something kind for someone in your household

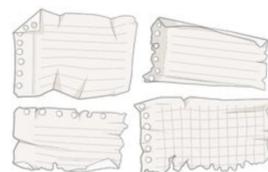


- make someone's bed
- help hang the washing
- help with any household jobs
- run a bath for someone

Make up a dance, song or exercise routine to teach others in your household

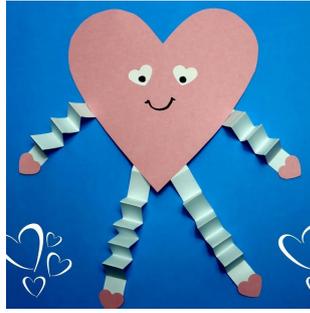


Find an empty jar or box and pieces of paper. Write things you love about someone in your house on the bits of paper and collect them in the jar to give



Post a note, letter or picture to a loved one to let them know you are thinking of them

Cut out some heart shapes and write down things you appreciate about the people in your house



Collect some objects around your home and create a collage for someone



Find a large stone in an outdoor area around your home, decorate it and leave outside a neighbours home (remember to practise social distancing)



Send a video message or video chat to a loved one with you doing any of the suggested activities, so you can keep someone company for a little while, entertain them or make them laugh



Read part of your favourite book or poem to someone in your house or on video chat/message



@mrsamosread

Here's a quote from one of my favourite authors;

"When we were born, we were programmed perfectly. We had a natural tendency to focus on love. Our imaginations were creative and flourishing, and we knew how to use them. We were connected ... to a world full of enchantment and a sense of the miraculous"

A Return to Love
Marianne Williamson

I'm looking forward to hearing about some of the things you do to show you care for others. More Well-Being Wednesday after the Easter Break.