

Well-being Wednesday



Dear families,

Welcome again to Well-Being Wednesday. I hope that you are all keeping well and healthy.

This week, in line with the Stillness 'Thank You' activity, we will be thinking about what we are grateful for. Being grateful has been shown to help us experience increased positive emotions like optimism, joy and love. When we practise gratitude we can be happy, more resilient and have fewer negative emotions.

Here are some ideas and remember to email and let us know what you have been doing for Well-Being Wednesday.

Warmest wishes,
Ms Suleyman

Stick a note on your wheelie bin to let the refuse collectors know we are grateful for them collecting our rubbish.



If you are posting a letter or card to someone, write a thank you note on the envelope for the postman.



Have a gratitude jar. Write a note of something you are grateful for each day and put it in the jar.



Remember to say thank you for all the things we do for each other in the house.



Choose an object to be your 'Gratitude Object' and each time you see it remember to say thank you for something you are grateful for.



Use your 'Gratitude Object' to sit with the people in your home and take turns to talk about things you are grateful for.



I would like to say thank you to Sammy for sending the following pictures of the activities he took part in for the last Well-Being Wednesday. Sammy made a volcano, a play dough cake and a painting with his feet.



Thank you for sending these in Sammy. I have really enjoyed seeing what you have been doing.

I'm looking forward to receiving your emails about what you have been doing to show and feel gratitude.

