



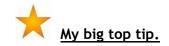
Well-Being Bulletin - Bubble Closure 1

Hello again from everybody at Birchwood Junior School. Focus on the positives.

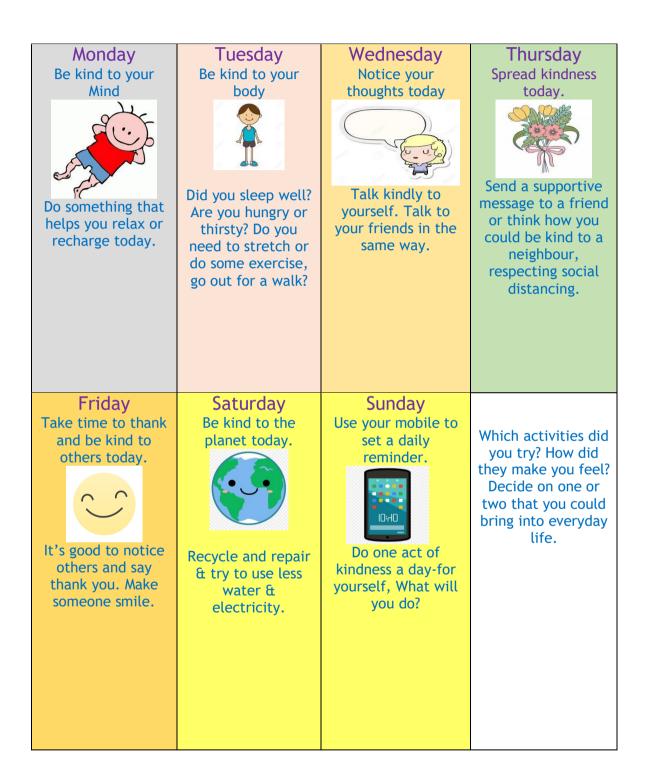
Try our KINDNESS CHALLENGE.

Colour in each box when you've completed that challenge

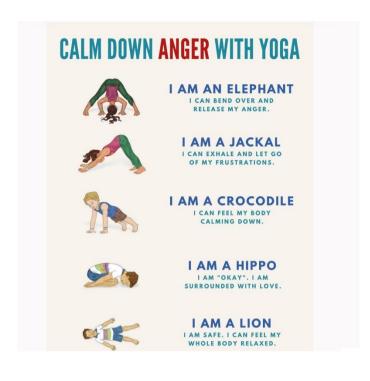
With other children	When at home	When Home schooling	Towards Adults
Invite a friend to do something online with you: play a game, chat, share things of interest,	Give a compliment to someone at home	Send your teacher am email to say Hi and make them smile.	Write a letter to a relative or a neighbour and post it to them or put it through their letterbox.
Text a friend and ask how their day was.	Use your calming down strategies	Help a younger brother or sister with something they don't understand.	Donate food to a food bank.
Sort through old clothes or toys and find things you can donate to charity when shops re-open.	Set the table for dinner and clear up afterwards.	Tidy up your Home Learning area/ work station and keep it tidy and organised.	Get involved with your community-clap for the NHS. Display your rainbow picture. Leave thank you notes for dustmen, delivery workers and post workers.
Send a friend a letter or card to let them know you're thinking of them.	Tidy your bedroom without being asked.	Write a poem or song.	Have a chat with the adults in your home. Ask how they're feeling.



Follow our well-being planner. It's important to look after yourself, we call it self-care.



Finally, here is some YOGA for you to practice at home. This will help regulate your mind and body and is a great form of exercise.





Parents Corner - remember......

- Take time out for yourselves.
- Take a bath or shower and close the door.
- Do something for you.
- Don't get too overwhelmed by pressures of Home Learning and keeping your children happy and active. REACH OUT TO YOUR CHILD'S TEACHER IF YOU NEED SUPPORT OR CONTACT OTHER PARENTS.

Important Notes

Remember your children can email their teachers directly via Purple Mash and email other children in their class. You can contact enquiries@birchwood.lincs.sch.uk for any well-being concerns or support.

