







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



My big top tip.

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

<p>Monday Be kind to your Mind</p>  <p>Do something that helps you relax or recharge today.</p>	<p>Tuesday Be kind to your body</p>  <p>Did you sleep well? Are you hungry or thirsty? Do you need to stretch or do some exercise, go out for a walk?</p>	<p>Wednesday Notice your thoughts today</p>  <p>Talk kindly to yourself. Talk to your friends in the same way.</p>	<p>Thursday Spread kindness today.</p>  <p>Send a supportive message to a friend or think how you could be kind to a neighbour, respecting social distancing.</p>
<p>Friday Take time to thank and be kind to others today.</p>  <p>It's good to notice others and say thank you. Make someone smile.</p>	<p>Saturday Be kind to the planet today.</p>  <p>Recycle and repair & try to use less water & electricity.</p>	<p>Sunday Use your mobile to set a daily reminder.</p>  <p>Do one act of kindness a day-for yourself, What will you do?</p>	<p>Which activities did you try? How did they make you feel? Decide on one or two that you could bring into everyday life.</p>

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.

CALM DOWN ANGER WITH YOGA		EMOTIONS YOGA	
	I AM AN ELEPHANT I CAN BEND OVER AND RELEASE MY ANGER.		I am a grateful giraffe. EXTENDED MOUNTAIN POSE
	I AM A JACKAL I CAN EXHALE AND LET GO OF MY FRUSTRATIONS.		I am a finicky flamingo. TREE POSE
	I AM A CROCODILE I CAN FEEL MY BODY CALMING DOWN.		I am a caring koala. EAGLE POSE
	I AM A HIPPO I AM "OKAY". I AM SURROUNDED WITH LOVE.		I am an excited elephant. WIDE-LEGGED FORWARD BEND
	I AM A LION I AM SAFE. I CAN FEEL MY WHOLE BODY RELAXED.		I am a frustrated frog. SQUAT POSE

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.



Stay Safe