



Wellbeing Newsletter

Welcome to the 3rd Edition of our Wellbeing Newsletter!



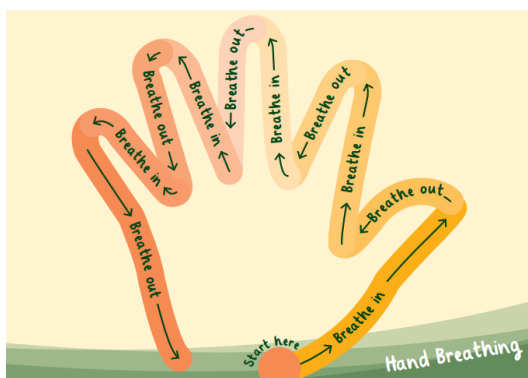
Last term in PSHE, we focused on our 'dreams and goals'. We looked at what we want to achieve and made plans on how to how to make this happen! We also discussed how we learn best and how to find help if we need it.

Last terms learning fitted in perfectly with Children's Mental Health week, this years theme was 'know yourself, grow yourself'. We learnt how important it is for us to understand what helps us to grow and develop our skills. We discussed that sometimes achieving our goal is not easy, but that doesn't mean that we should feel sad or worried and how we can turn this into a positive learning experience. For more information, please visit: www.childrensmentalhealthweek.org.uk



This term, our PSHE learning is all about 'Healthy me'. This term we will focus on everything that can help us to have healthier bodies and minds .

In our after school mindfulness club, we have been looking at different ways in which we can deal with our emotions. This term the children have enjoyed yoga, colouring and circle time discussion activities. We have also been practicing some mindful breathing techniques. These are two of our favourites for you to try at home!



Balloon Breathing

Pretend that your belly is a big balloon. Take a slow, deep breath in and imagine your belly blowing up, up and up like a balloon.

Next, breathe out. Pull your belly towards your back and notice how your belly deflates, also like a balloon.

How can you support your child's wellbeing?

<p>Be Active</p> <ul style="list-style-type: none"> Set family challenges Walk where and when you can Sing and dance Play 	<p>Connect</p> <ul style="list-style-type: none"> Look into their eyes Hold them close Create something together Play 	<p>Take Notice</p> <ul style="list-style-type: none"> Rest & reflect together Notice the changing seasons Model gratitude Play 	
<p>Give</p> <ul style="list-style-type: none"> Let them help you Support them to find ways to help others Model generosity Play 			<p>Keep Learning</p> <ul style="list-style-type: none"> Try something new together Teach each other something Risk looking silly Play

Please look at the school website for further information on how we support our school community.

www.stone.kent.sch.uk/curriculum/mental-health-and-wellbeing/