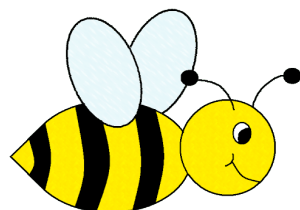


Activities for Mental Well-being – March 2021

Keep a Diary	Positivity Poster	Write a Letter	Garden Mindfulness	Happy Jar
<p>Writing a diary can help to identify the way we feel and help to understand that feelings change. Write about how you felt at different times during the day, both positive and negative feelings, including what made you feel that way. When we write things down it helps to let our feelings out. Share your diary with a grown up in your family and talk about how you feel.</p>	<p>It is important that we remember all the things that make us happy, for example: spending time with the people in your bubble, reading a book, colouring, listening to your favourite music, cuddling a pet etc. Make a colourful poster with a big smile in the middle surrounded by words and pictures of all the things that make you smile.</p>	<p>Write a letter to a friend or family member, who you have not seen for a while. Tell them all about the activities and remote learning that you have been doing during Lockdown and the things you are looking forward to when we can all be back to normal. It is lovely to receive a letter in the post and will brighten their day! Bringing joy to another person will make you feel good too!</p>	<p>As the weather starts to get better, spend some time in the garden, or on your walks with a grown up, noticing the new life that is appearing. Look closely at the trees and the borders and you should start to see buds and shoots popping up. Close your eyes and listen to all the sounds you can hear, it might be a bird singing, a dog barking, or maybe just the wind blowing through the trees. Mindfulness is all about being in the moment and using all your senses. Try to clear your mind of everything else, just focusing on the things around you right now.</p>	<p>Decorate an old jar, or box. Every time something happens that makes you smile, however small, write it down on a little piece of paper and put in in the jar/box. Watch as your container fills up with more and more happy moments and when you are feeling sad take out a note and remind yourself of a happy moment.</p>



Hello again everyone!

I hope you are all well and have enjoyed a relaxing week at the end of term, after all your hard work with your remote learning. Here are a few more activities for well-being for you to try this term, as you continue to work hard once again with your home learning. As the weather starts to improve, we can hopefully also spend more time outside enjoying some spring sunshine! Take care everyone and see you soon. Mrs Difford

