

We hope that you are all keeping well and safe, and that you're children are settling well back in school. The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these challenging circumstances. There is no expectation to complete these tasks, they are there for you to use as you wish.

If you would like to contact us, please email inclusions@oasis Skinner Street.org

Five Ways to Wellbeing

This is an approach which is all about how positive actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact. Here is an explanation of each one. More ideas/activities will be added in the next newsletter. We would love to hear how you're getting your 'Five a day.' Email me on the address above to let me know what you've been doing.

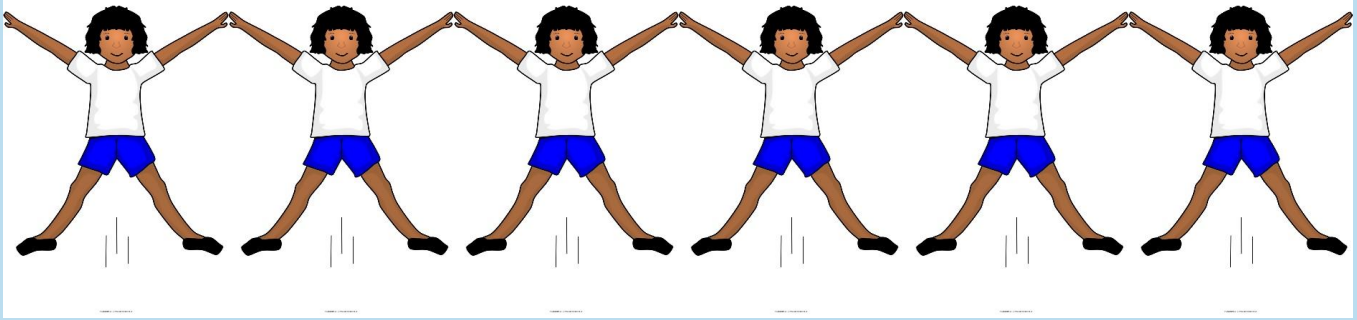
Connect	Be active	Take Notice	Keep Learning	Give
<ul style="list-style-type: none"> We all like to get cards on our birthday but why wait until then? Let someone special know you are thinking of them by surprising them with an un-birthday card you've made. Make a picture on the front of your card and then add words to personalise it, eg 'Happy Un-Birthday'; 'Thank-you for...'; 'You're great!' Write a message inside the card and give it to your chosen person. 	<ul style="list-style-type: none"> In 3 minutes how many times can you complete this circuit: 10 x star jumps, 10 x burpees, 10 x press ups, 10 x squats. Can you create a circuit for another 3 minute challenge? Go outside for a walk or a bike ride. 	<ul style="list-style-type: none"> When you're out on a walk or in your garden, take a couple of elastic bands, find a stick and create a journey stick by attaching interesting things you find along the way. You could vary it by collecting certain colours only, or by trying to make the brightest journey stick you can. Mindful minute - this is great to try if you are anxious, angry or upset and it can help you feel calm. Spend 60 seconds focussing only on your breath. 	<ul style="list-style-type: none"> Try out something new - trying something new can be a bit scary at first but it can also be lots of fun and a source of ideas. Here are some new things to try: create a new outfit from recycling old clothes and accessories, start a new hobby, learn a new game, listen to and learn a song by a musician you've not heard before. Break the rules - think of a game you like to play. How can you be creative and change the rules to make a new game? 	<ul style="list-style-type: none"> Give someone an appreciative note for no reason. Use sticky notes to write positive messages and stick up around the house for someone to find. Think about music/songs that make you feel good. Write a song or create a 'make you feel good' playlist and dedicate it to someone.



Mindfulness

Heartbeat Exercise

Ask your child to jump up and down or do star jumps for 1 minute



At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels

Attitude of gratitude

- Focus on breathing as outlined previously. In Newsletter 1
- Think of one thing that you're grateful for and keep this image in your mind.
- What feelings or sensations do you notice?
- Continue this for a few minutes.



Bubble mindfulness

- Focus on breathing and pay attention to any feelings.
- Now pay attention to any thoughts.
- Do you have any sensations in your body?
- Notice all three.
- If there is anything that you would like to let go of, put them all in a bubble and blow them away.
- Continue this for a few minutes.



'We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.'
Mother Teresa

Conversation Corner

- Which season is your favourite and why?
- If you could choose your own name, what would it be? Why?
- Which animal is your favourite and why?
- If you were in charge, what rules would you have in your house?