



Wellbeing News

Spring Issue 1 23/24



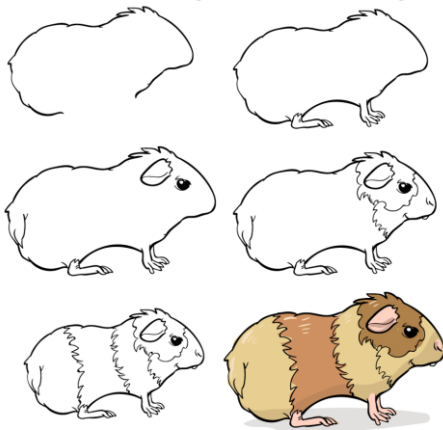
Welcome Back! We hope you're enjoying the new year and the start to our Spring Term.

What are your new year goals? Haven't set any yet, well its not too late. Is there something you have always wanted to know or learn? Now is your time - go out into the world and love learning!

Have a great half term.

Jeff and Nugget

Jeff and Nugget can help you feel calm, have a go at drawing them.



Ask yourself

What is my greatest gift and how can I use it to help others?

Five ways to wellbeing



Connect: Bake some cakes or cookies and share them.

Be active: Play a new game in the playground at break time.

Keep learning: Set yourself a goal to read a book that you may not usually read, fantasy, fact, sci-fi – try something new.

Give:: Help someone in your home – just because its kind.

Take notice: Look back at 2023 and take notice of the things you achieved – and be proud.

Peaceful picture



Trace the picture with your eyes while breathing slowly in and out. Feel the calm.

Affirmation

I will make the most of my day.

If you need any support or you have any suggestions/ideas for future editions of this newsletter, please contact Mrs Brown – ebrown@lancing.org.uk

Children's Mental Health Week

Children's Mental Health week 5th – 11th February and was set up by the mental health charity Place 2 Be. This year's theme is **'My Voice Matters'**. This is about empowering you to believe that your voice **does** matter and to express yourself.

Have a go at playing a game with your family, if you need an idea try the ones below.

Sweet Talk Me

You will need:
Dice or Sweets



Pass the bag/bowl of sweets around and ask people to pick out number of sweets – don't eat them yet.

Using one of the lists below- have a go at answering the corresponding questions (if you pick/roll the same colour/number – roll/pick again)

●	•	What one thing do you really like about yourself?
●●	••	What are you good at?
●●●	•••	What is the most fun thing you have ever done?
●●●●	••••	What is your favourite place?
●●●●●	•••••	What helps you to be calm?
●●●●●●	••••••	If you were a Mr Man or Little Miss character, which one would you be?

●	•	If you were a superhero, what superpower would you have?
●●	••	If you were an animal, what would you be?
●●●	•••	If you could eat only one food for the rest of your life, what would it be?
●●●●	••••	If a genie gave you 3 wishes, what would you wish for?
●●●●●	•••••	If you could spend the day with one fictional character, who would it be?
●●●●●●	••••••	If you could go anywhere in the world, where would you go?

Help! We are running out of toilet paper

You will need:
Toilet roll

Gather everyone together and tell them that you've run out of toilet paper. You each need to take as many sheets as you think you will need for the next few days. Once everyone has taken their sheets tell them you're only joking!

For each sheet of paper, they need to share a story about the feelings below (you can make up your own if you wish)

Every time you share a story, place the sheet of paper in the middle. Keep going until you have run out of sheets.

Tell a story of a time when you felt...	
• happy	• safe
• sad	• worried
• angry	• disgusted
• excited	• confident
• scared	• confused
• proud	• shy
• embarrassed	• generous
• surprised	• private
• lonely	• jealous
• bored	• delighted
• calm	• kind
• guilty	• hopeful
• frustrated	• curious
	• disappointed



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Winter Bird Feeder

It looks like winter has finally arrived. Birds have usually found somewhere nice and warm to live by now but finding food can be difficult, why not help them by making a feeder.

Pine Cone Feeder

You will need:

- Pinecones
- String for hanging
- Bird feed
- Peanut Butter

(or use LARD as a substitute)

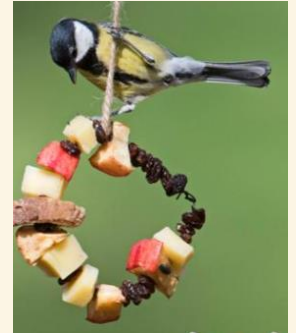


Tie the string onto the pinecone. Spread peanut butter on the cone and roll the cone in the bird seed to ensure its fully covered. Hang on a tree branch.

Fruit Hoops

You will need:

- Garden wire
- String
- Apple, raisins, grapes,
- cheese



Cut the apple and cheese into cubes. Ask a grown up to help you thread the fruit and cheese onto the wire, like a necklace. Make a hoop with the wire and attach some string. Hang on a tree branch.

Puzzle time

There are four children, Amanda, Bill, Cathy, and Dorothy that are in first, second, third, or fourth grade. Each child has a different favorite color: blue, red, pink or green. Use the clues below to figure out what grade each child is in and what their favorite color is.

	1st	2nd	3rd	4th	Blue	Red	Pink	Green
Amanda								
Bill								
Cathy								
Dorothy								
Blue								
Red								
Pink								
Green								

CLUES:

1. The 4th grader is a boy who does not like pink.
2. Dorothy is the youngest and likes blue.
3. Cathy is one grade ahead of Amanda.
4. The 2nd grader likes red.



Four children each own one pet. Use the clues below to find out which pet each child has.

	Cat	Dog	Bird	Fish
Bob				
Mary				
Cathy				
Sue				

1. The boy has a dog.
2. Sue has a pet with 2 legs.
3. Mary does NOT have a fish.



And finally...

Every day is a new day – a chance to continue on your path or start fresh – you decide.

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