

The Hive

Wellbeing News

Summer 25/26



As our Summer Term is in full flow, it's a wonderful time to focus on wellbeing as the days grow longer and the weather improves. It's important to balance hard work with rest, fresh air and enjoyment. This term also offers opportunities to take part in new experiences, build resilience, celebrate achievements and practise mindfulness.

Emotion of the Term

Optimism means believing that good things can happen, even when something is hard or doesn't go your way.

Optimism



- 😊 Be kind to yourself
- 😊 Think positive thoughts
- 😊 Look for the good in situations
- 😊 Make a new plan and break tasks into small steps
- 😊 Keep trying
- 😊 Ask for help

Ask
your
self

How am I feeling right now, in this moment, here and now?

Peaceful picture



What do you think made the ripple?



Five ways to wellbeing

Connect: Play some games at break time that you haven't played before, circle games as a class or group, partner games.

Be active: Instead of going up a flight of stairs once, see if you can go up twice. The Eiffel Tower has 1,665 steps!

Keep learning: Now is the time to plant new seeds and bulbs and watch them grow. Can you learn about the types of flowers and plants which are good to plant at this time of year?

Give: Be kind, have kind thoughts, kind actions and kind communication. Let's spread the kindness.

Take notice: Can you take notice of something that you are grateful for today?

You don't have to do them all, every day – Even one small step can help your wellbeing grow.

Affirmation

"I don't have to be perfect; I just have to try my best"

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

Wellbeing Brain Play

WHAT AM I?

CAN YOU SOLVE THIS RIDDLE?

I help you calm down
I am always with you
You don't need to buy me
What am I?

Answer at the bottom



Go for a walk or Go for a swim

Say thank you to someone
or

Tidy up without being asked



ANAGRAMS

SPPANEHIS
MLAC
LMASEI



Riddle Answer : Breath / Anagrams -
Happiness, Calm and Smile

Mental Health Awareness Week 11th – 17th May 2026

Take action, be calm:

Create a calm corner or a calm box at home to help with your emotions- you can fill it with objects that make you feel happy, calm and safe.

Take action by talking:

Talk to a friend, a trusted grown up – it's brave to speak out.

Take
Action

Take action, sleep:

Have a good sleep routine to ensure you are rested and refreshed.

Take action and express yourself:

Draw or write about your feelings, use music, dance or drama to release emotions and feelings.

Take action by moving:

Give your brain some breaks between learning – go outside, run, dance and jump.

Dental health is very important

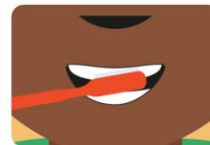
Brushing your teeth twice a day can help your teeth, gums and mouth stay healthy.

Tooth brushing

1. Use a small amount of toothpaste (about the size of a pea).



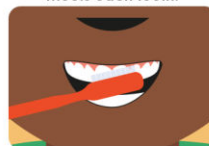
2. Brush on the outside of teeth.



3. Brush on the inside of teeth.

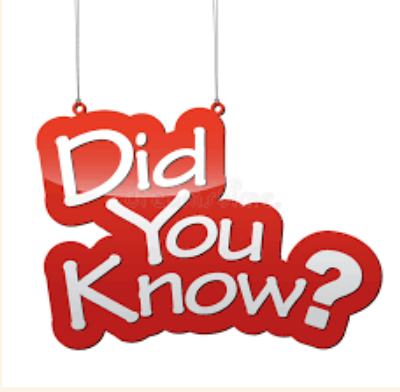


4. Brush where the gum meets each tooth.



5. Spit out toothpaste after brushing.





Smiling
Smiling can help your brain feel happier



Talking
Talking can make a worry smaller



Moving
Moving your body can help your brain work better



Toolbox

Keep practising - by using regulation tools you can learn to calm yourselves independently.

Tap Tap

Cross your arms over your shoulder or knees and tap them rhythmically whilst counting your breaths in and out



1 2 3

5 4 3 2 1
SLOW DOWN & CALM DOWN
FIRST- TAKE 3 SLOW BELLY BREATHS!

- 5 List 5 things you can SEE
- 4 List 4 things you can FEEL
- 3 List 3 things you can HEAR
- 2 List 2 things you can SMELL
- 1 List something you like to TASTE

FINISHED! - TAKE ANOTHER 3 SLOW BELLY BREATHS

CALM YOURSELF WITH A 5 FINGER BREATHING BRAIN BREAK

Start here

Thanks for the outside of the hand with the other finger, breathing in while you think of a happy and something you enjoy, and breathe out. You can also do this breathing exercise using your own hand.

Flower Breathing

SQUARE BREATHING

1 2 3 4
4 3 2 1

Rainbow Breathing

If you need to talk to someone, find a trusted adult or a friend and be brave.

THE MIX
FREEPHONE 0808 808 4994
www.themix.org.uk

shout
85258
here for you 24/7

ChildLine
0800 1111

And finally... Be Kind, Love Learning and Go Out into the World and Do Good



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

Support for young people

Helplines & textlines

If you feel overwhelmed, or like you want to hurt yourself, you can:

Text SHOUT to 85258 to contact the [Shout textline](#).

Call HOPELINE247 on **0800 068 4141** or the **NHS on 111** and select option 2.

Contact Childline by using [1-2-1 chat](#) or calling **0800 1111**.

Call Samaritans on **116 123** for 24/7 support.

Online

[Mind's information pages](#) for young people shares more about mental health, where to get support and tips for coping.

[YoungMinds](#) also offer mental health support for young people, parents and carers.

Read our full list of useful contacts for young people.

Support for adults

Mind's helplines

Support line: 0300 102 1234

Monday to Friday, 9am-6pm

Infoline: 0300 123 3393

Email: info@mind.org.uk

Monday to Friday, 9am-6pm

Welfare benefits line: 0300 222 5782

Monday to Friday, 9am-5pm

Legal line: 0300 466 6463

Email: legal@mind.org.uk

Monday to Friday, 9am-6pm

Local Minds

Local Minds offer face-to-face services across England and Wales. These services include talking therapies, peer support and advocacy.

Side by Side

Side by Side is our supportive online community for anyone experiencing a mental health problem. The Side by Side community is available 24/7.

sidebyside.mind.org.uk

Other useful contacts

Samaritans

Call 116 123

Email jo@samaritans.org.uk

24/7 support

CALM

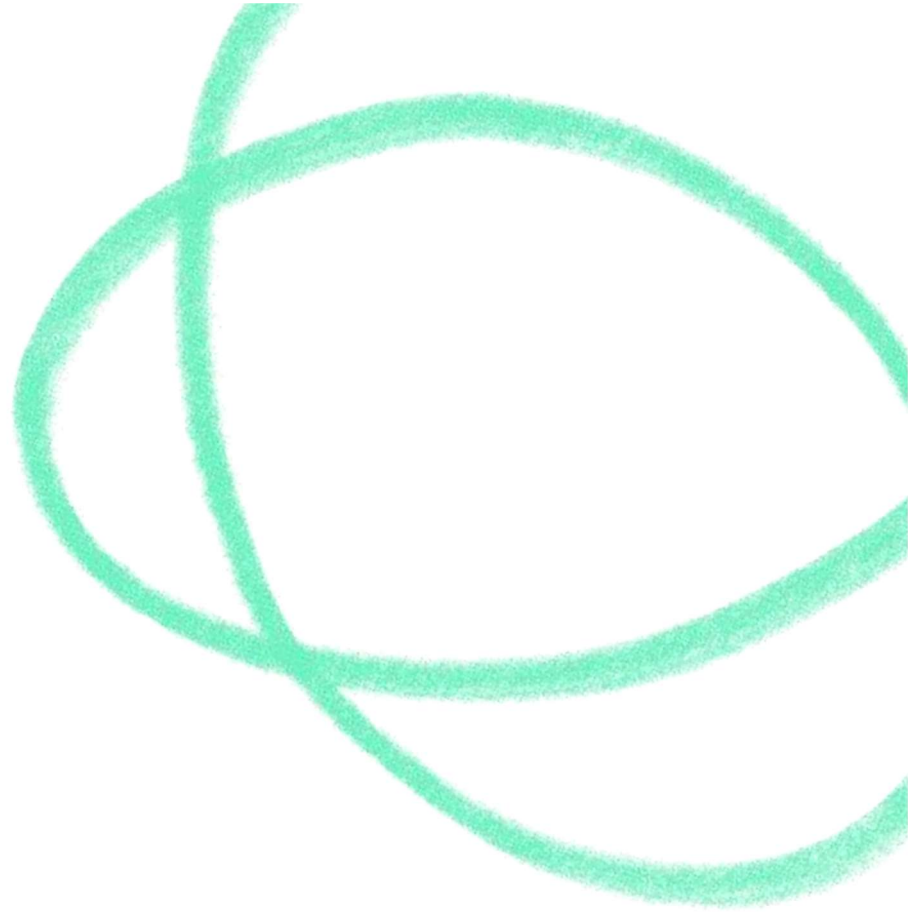
Call 0800 58 58 58

Helpline open 5pm-midnight, 365 days a year. Webchat available on website

SHOUT

Text SHOUT to 85258

24/7 confidential text support



A full list of useful contacts can be found on [Mind's website](#).



Great mental health care is human

See the person,
not the patient.
Join the campaign.
11–17 May 2026





yourspacetherapies.org

Mindfulness Pony Days For Kids

A magical day of ponies, riding, art, friendship and mindfulness

What to expect :

- Mindfulness time with ponies
- Pony care
- Riding and Mounted games
- Connect with arts and nature
- Make new friends



Dates:

28th and 29th of May 2026

Time: 9:30 am -2:00pm

Hillcrest Farm Riding School, Horsham RH13 6NX

Book Now

spaces limited to 10 children per day

£115 per child per day

By purchasing a ticket via eventbrite you are paying a £40 deposit. You will then be invoiced for the outstanding amount on the 15th of May

Links for Booking

[mindfulness_pony_day_28th_of_May](#)

[mindfulness_pony_day_29th_of_May](#)



We are an inclusive team and warmly welcome children with special educational needs and disabilities (SEND) we celebrate diversity and are committed to providing a supportive environment where every child can thrive.

07712 547901



TICKETS AVAILABLE NOW!

AMAZING LEGO DISPLAYS
NEW & RETIRED LEGO SETS



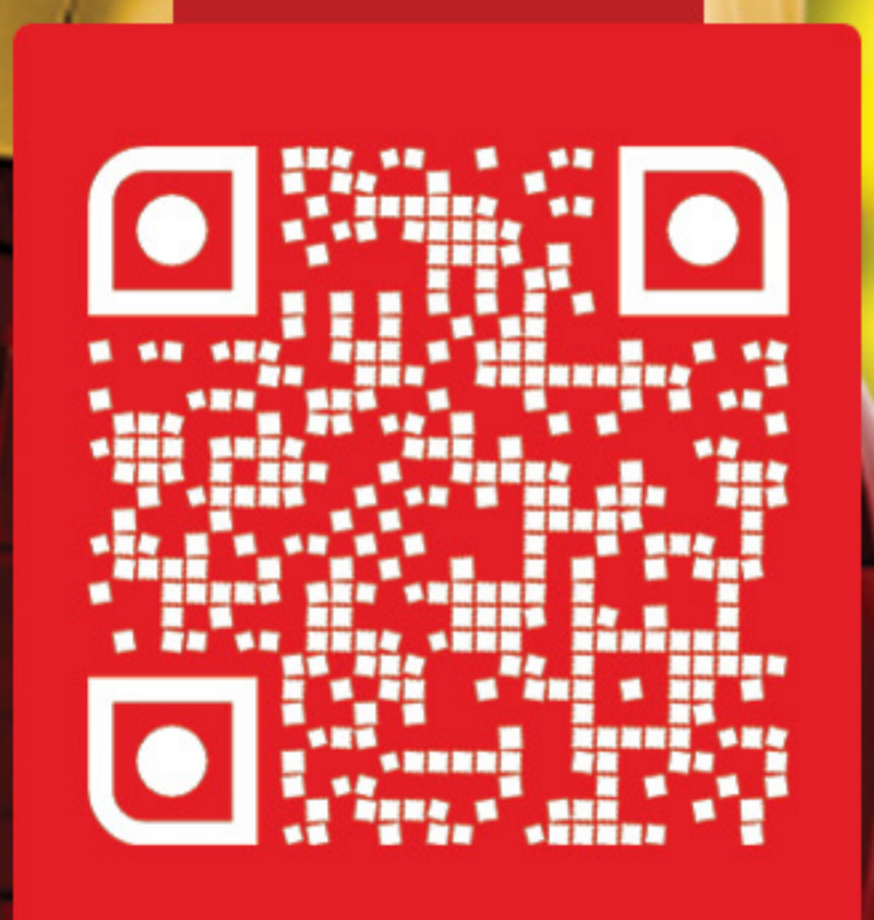
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27TH JUNE

 **AMEX STADIUM**

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