



# 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?



## 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.

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](mailto:ebrown@lancing.org.uk)

## Peaceful picture



What do you think made the ripple?

## Affirmation

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

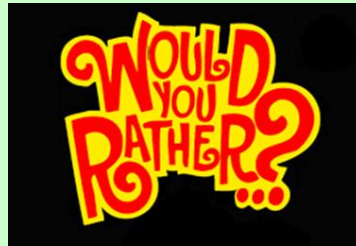
## Wellbeing Brain Play

### 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



SPPANEHIS  
MLAC  
LMASEI



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

## Mental Health Awareness Week 11<sup>th</sup> – 17<sup>th</sup> 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

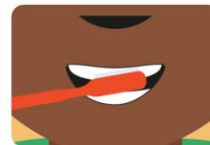
Brushing your teeth twice a day can help your teeth, gums and mouth stay healthy.

### Tooth brushing

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



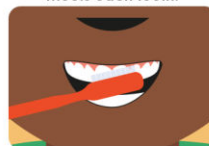
2. Brush on the outside of teeth.



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**

Square Breathing

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



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