

"Look for something positive in each day, even if some days you have to look a little harder."

Can you complete the Active June Challenge?

Joyful June 2022



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Get out into green space and feel the joy that nature brings	1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it	5 Think of 3 things you're grateful for and write them down	
6 Take a light-hearted approach. Choose to see the funny side	7 Do something healthy which makes you feel good	8 Find joy in music, sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it	12 Write a gratitude letter to thank someone
13 Rediscover and enjoy a fun childhood activity	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation	19 Get outside and find the joy in being active
20 Be kind to you. Do something that brings you joy	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others	26 Make time to do something playful, just for the fun of it
27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)			

ACTION FOR HAPPINESS

Happier · Kinder · Together

Remember, if you ever need any support with your child's mental health or well-being, speak with your child's teacher or contact me, Mrs Ellerby, on the well-being email address

wellbeing@thackleyschool.com



June 2022

Wellbeing Newsletter

"Happiness is when what you think, what you say, and what you do are in harmony." - Gandhi

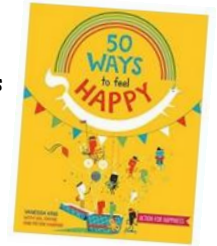
This week is **Happy Week** at Thackley Primary school. Throughout the week, all children within school will be engaging in a variety of fun activities whilst being exposed to ideas and strategies that they can use every day to support their mental health and well-being. This month's newsletter will provide you with some ideas to help support the 'happiness' theme at home.



THIS MONTH'S BOOK RECOMMENDATIONS

50 Ways To Feel Happy

This book is packed full of activities and ideas to try with family, friends and on your own. So, whether you feel happy right now and want to stay that way or you need some ideas to help you feel happier, this book is for you. It's a cheerful, fun, inspiring and varied collection of projects for creative, happy and thinking individuals, containing a mixture of step-by-step projects and shorter activity ideas that encompass happiness-inspiring crafts, mindfulness, relaxation, and positivity techniques, and fun ways to get active and boost happiness outdoors.



Find your Happy

Do you ever feel sad or angry, frightened or shy? Everyone does sometimes, but with a little help from Sloth and the people you love, there is always a way to FIND YOUR HAPPY! Full of vibrant illustrations and practical ideas, this is an accessible, friendly and uplifting book of feelings, from the much-loved creator of The Happy News.



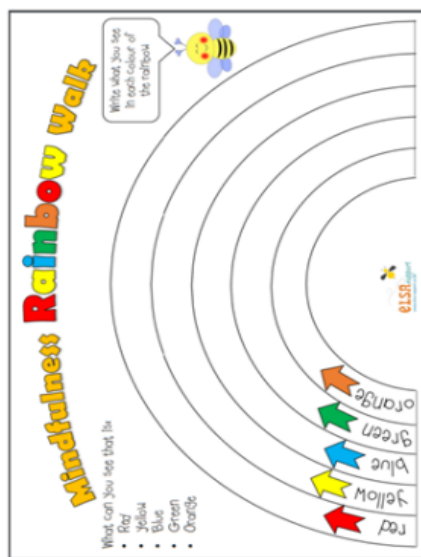
☆ think HAPPY ☆ BE happy ☆

Develop the art of 'mindfulness' ☆

'Mindfulness' is another way of saying 'to be in the moment'. The NHS website says, "Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you." Being present can help give us a sense of calm and can also help us to become more aware of the world around us, but also more aware of our feelings and thoughts at a given moment. Though being present can be a helpful practice if we're feeling anxious or frustrated, it is good to focus on being present on a regular basis. Here are some examples of staying present:



- Take a moment to pause and focus on your thoughts.
- Close your eyes and take some deep breaths - in through the nose and out through the mouth. *Take a look back at the breathing exercises from April's newsletter!*
- Focus on your senses: What can you see? What can you hear? What can you taste? What can you smell? What can you touch?
- Take a moment to focus on your surroundings. What can you notice? Is there a breeze? Can you smell the grass? Is it a cloudy day?



Mindfulness Rainbow Walk

Go for a walk with your children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange. The aim of the session is to use their power of sight to notice things around them right now in the present moment. When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing.



Create A Family Playlist!

Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together. Try swapping your finished playlists with friends and other families!



Be so **HAPPY** that when others see you, they

become **HAPPY** too!



Three Good Things: A Happiness Journal

This app (downloadable on most tablets and phones) is simple and easy-to-use. It helps children focus on the positive and encourages them to recognise what went well throughout the day. You can also encourage your child to do this without the app, simply ask them each day to list three things that went well throughout the day. Doing this on a regular basis begins to help to train the mind to look for things to appreciate throughout the day. It allows them to focus on the positives and forget



GoNoodle

GoNoodle is a free online resource which helps teachers and parents to get children active and learning while developing social and emotional awareness. In addition to exercise and brain building, GoNoodle also focuses on mindfulness to increase children's wellbeing and focus. Visit www.gonoodle.com



Affirmations

Here is a beautiful positive thinking poster. It is full of gentle affirmations that will remind children about the importance of a growth mindset, selfworth and kindness towards others. Design and create your own poster with your child, place it on the fridge and remember to share it daily!