

## 5 Ways to Wellbeing

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying different activities for each step can help you and your children feel more positive and able to get the most out of life.



"Happiness can be found even in the darkest of times, if one only remembers to turn on the light."  
– Albus Dumbledore

### Connect

Be generous with your time and connect with somebody you haven't spoken to in a while.

### Be Active

Plan in some opportunities to be ACTIVE e.g. dancing at home, a nature walk or a bike ride!

### Take Notice

As Autumn is here, take notice of nature – how is it changing? Be in the present. Breathe deeply.

### Keep Learning

Spend time sharing something you have done or learnt with the family. Listen and learn about others.

### Give

Use Autumn Term to clear out and give items to charity, or clothes banks. You could donate to Barnabus.

## Autumn Self-Care



Try out a new hobby



Take a nature walk



Wear socks & warm pjs



Get creative with pumpkins



Rest and allow yourself breaks



Write down what you want to let go of



Curl up with a good book

## Generosity



Our Christian Value for this half term has been Generosity. This can be shown in many ways. Showing generosity can have a huge impact on the Mental Health and Wellbeing of others, as well as yourself.

How can you show generosity throughout the new few weeks?

## World Mental Health Day

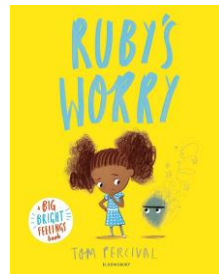
#HelloYellow



This World Mental Health Day, Tuesday 10th October 2023, **ITV's Britain Get Talking** and **YoungMinds' #HelloYellow** are collaborating to help children across the country open up. Sometimes the hardest subjects are the ones on your mind. Take some time to talk about **what's on your mind** because talking to somebody and sharing your worries can make a difference.

**Thank you for wearing yellow!**

## Story Time



Click the story to listen to Ruby's Worry. It's important to talk about worries and share them with people you trust (Our Trusted Adults).

## Worry Box Project



Each child has contributed their creative skills by getting involved in our St Wilfrid's Worry Box Project. Children decorated hearts which have been stuck onto their own Class Worry Box.

