



Well Being Newsletter



Since the most recent government guidance, we know that many of your situations may have changed again. We understand how challenging home schooling can be, especially while some of you are trying to work from home yourselves. This newsletter will provide you with some helpful tips to support well being for the whole family.



1. **Be realistic and kind to yourself.** Things will rarely go according to plan, particularly now that all our routines are different. Don't be self-critical. Setting and achieving goals are building blocks to good mental wellbeing.
2. **Notice what's on your mind.** It's sometimes easy not to notice how we're feeling, particularly in the hurly burly of family life. You might feel stressed, without having noticed how this started. It's good to do regular 'mind checks' about how you're feeling, but also ask how others in your family are feeling.
3. **Connect with other parents.** Talking with people who are supportive and good at listening (without judging, criticising or competing) is a very human need.
4. **Create routine.** Our wellbeing is often nurtured by having a daily routine, a structure to our lives. If the day feels endless and without a plan, anxiety can easily be triggered. Staying focused, knowing what happens next and feeling proud of achieving our goals makes us feel good.



BBC Bitesize can provide you with FREE extra support and daily learning videos [https:// www.bbc.co.uk/bitesize/primary](https://www.bbc.co.uk/bitesize/primary)

Go Noodle is a FREE fun and interactive website that encourages your children to get moving. There are also mindfulness and meditation videos [https:// app.gonoodle.com/](https://app.gonoodle.com/)

BBC Super Movers is another fantastic resource that not only gets children moving but also educates children through catchy, memorable songs [https:// www.bbc.co.uk/teach/ supermovers](https://www.bbc.co.uk/teach/supermovers)

Get Epic allows your children to read a range of new books and you can receive 30 days for FREE [https:// www.getepic.com/](https://www.getepic.com/)

Twinkl parents—<https://www.twinkl.co.uk/resources/parents>

Helpful App



The **WorryTree app** aims to help you take control of worry wherever you are.

You can use the app to record whatever you feel worried about. It uses cognitive behavioural therapy (CBT) techniques to help you notice and challenge your worries.



CAMHS (Child and Adolescent Mental Health Service) - CAMHS are offering telephone support on a Tuesday and a Thursday between 10am-3pm

Doncaster Mind - Providing a range of services which include one to one emotional support, telephone counselling and online personal development courses including Positive Wellbeing, Stress and Anxiety Course.

Virtual Family Hub- Virtual Support and activities service for families around Doncaster.

Woodlands Speaks – Offering wellbeing therapies on a one to one basis in various locations across the borough, call 07714 210747.

KIDS ZONE

We understand how hard the past year has been on everyone's wellbeing, including children's. School and routine provides a sense of security for many children and the social aspect of school life plays a vital role in their development. Many children will be spending a lot of time isolated at home or using electronic devices for many hours of the day. Why not try some of the following non-screen activities to mix things up!

Non-screen activities you can do at home

Pobble

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

25 ideas!

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| <p>1 How many different words can you make from the letters in this sentence, below? Grab a pencil and paper and write a list!</p> <p>'Learning from home is fun'</p> <p>Thanks!</p> | <p>2 Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.</p> | <p>3 Get building! You could build a Lego model, a tower of playing cards or something else!</p>  | <p>4 Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?</p> | <p>5 Start a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?</p> |
| <p>6 Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?</p> | <p>7 Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!</p>  | <p>8 Use an old sock to create a puppet. Can you put on a puppet show for someone?</p>  | <p>9 Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?</p> | <p>10 Design and make a homemade board game and play it with your family.</p>  |
| <p>11 Do something kind for someone. Can you pay them a compliment, make them something or help them with a task?</p>  | <p>12 Can you create a story bag? Find a bag and collect items to go in it that relate to a well known story. If you can't find an item, you could draw a picture to include.</p> | <p>13 List making! Write a list of things that make you happy, things you're grateful for or things you are good at.</p>  | <p>14 Design and make an obstacle course at home or in the garden. How fast can you complete it?</p>  | <p>15 Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.</p>  |
| <p>16 Keep moving! Make up a dance routine to your favourite song.</p>  | <p>17 Write a play script. Can you act it out to other people?</p>  | <p>18 Read out loud to someone. Remember to read with expression.</p>  | <p>19 Write a song or rap about your favourite subject.</p>  | <p>20 Get sketching! Find a photograph or picture of a person, place or object and sketch it.</p>  |
| <p>21 Junk modelling! Collect and recycle materials such as yoghurt pots, toilet rolls and boxes and see what you can create with them.</p> | <p>22 Draw a map of your local area and highlight interesting landmarks.</p>  | <p>23 Write a postcard to your teacher. Can you tell them what you like most about their class?</p> | <p>24 Draw a view. Look out of your window and draw what you see.</p>  | <p>25 Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?</p> |