



## Welcome to the first edition of our well-being newsletter

### What is well-being?

Dictionaries say that wellbeing is the state of being comfortable, healthy, or happy. It is about keeping our minds active and healthy as well as our bodies.

In these difficult times during the pandemic of Covid 19 – it is important that we all allow ourselves time to keep healthy, both physically and mentally.

[Click here to see a short Youtube video that may give us all some ideas.](#)

### Jar of wishes...

We are all staying home to keep safe. This means that events are having to be cancelled and visits to see friends and family are postponed.

Something that may help is to write down your wishes and ideas of things that you would like to do on little bits of paper and to store them in a jar for once this pandemic is over. It may help us to plan and to feel thankful for those people to see and places to visit.



### Free books...

Amazon is offering stories and books to everyone for free whilst schools are closed. All stories are free to stream on your phone, laptop, desktop or tablet [via this link](#).

### Our well-being pages...

Have you checked out the well-being pages on our school website? There are loads of activities that you may find helpful. Click on your school link... [Sutton Road](#) or [Holgate](#).

### Virtual Take 5

At school we practice Take Five which is a resilience and capacity building skill set based on breathing, grounding, and awareness. Each Amazing Breath, the company that created Take 5, have developed virtual Take 5 for use during COVID 19.

Turn over the newsletter for links to film casts that everyone can join in with. The password will be sent via text. Watch out for the weekly password and flyer sent to you for the new film casts.

### Send us pictures and ideas...

Why not send pictures or photos to your class email of all your wellbeing activities so that we can see what everyone has been doing?

You can even design your own wellbeing activity to go in the next newsletter...

Stay safe everyone 😊

## HELPING YOU TO:

**STAND STRONG** and grow your **'I can handle it'** abilities

Film links to **Take Five Practices**  
3 films to choose from each week  
(each film is 3-4 mins long)

Password for week 1  
(April 20th)  
**has been sent to you  
by your school**



**Basic  
Take Five  
Practice**

### Basic Seated practice

Film link here: <https://vimeo.com/408101384>

**Simple  
Take Five  
Practice**

### Teddy Bear Breathing

Film link here: <https://vimeo.com/408830020>



**Imagination  
and Movement  
Take Five  
Practice**

### Seasons Breathing

Film link here: <https://vimeo.com/409770119>

