



# Wellbeing Council Newsletter

Spring 1

## Children's Mental Health Week

7th-11th February

Mental Health Week is about thinking about your mental health and helping others with their mental health. This year's theme is **Growing Together**.

**Growing Together** is about growing emotionally and finding ways to help each other grow.

You could help children by cheering them up when they are down.



## Key Dates:

**Mental Health Week** - 7th - 11th February

**Safer Internet Day** - Tuesday 8th February

**Random acts of kindness week** - 14th-20th February

**Mother's Day** - Sunday 27th March



## 5 ways to Wellbeing

- Connect (To communicate with others)
- Be active (Looking after yourself and your health)
- Take Notice (Be aware of others and the environment)
- Keep Learning (Listen and learn new skills)
- Give (Be kind to others)



## Wellbeing Top Tip's

- ◆ Eat and drink healthily
- ◆ Stay social and don't hide your self away
- ◆ Get enough sleep

# 5 Ways to Wellbeing

## Connect

To connect with loved ones you could talk to someone about how you feel. You could also find some different activities to do with your family, e.g. playing football, rugby, go swimming.

## Be active

Make sure you are exercising regularly.

You could go for a run or go to the park with friends or family.

## Take Notice

You could take notice of your family, friends and relatives and how they are feeling.

Take notice of the little things in nature and the environment.

## Give

A way you can give is to give up your time by spending time with people or giving someone a gift.

An act of kindness.



## Keep Learning

Learning is more than just in school. You need to listen everywhere you go because you can learn everywhere.

### Parents Toolkit: Wellbeing

Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood - with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.

<https://www.bbc.co.uk/bitesize/articles/z63htrd?>



(Click the link)