



# Keeping the Balance

## Ffaldau Primary School Wellbeing Newsletter 1

There has never been a better time to think about Wellbeing. Lockdown has brought new stresses to us all. For many, working and homeschooling has been a challenge. **We understand**

At Ffaldau, we know that looking after our physical health, mental health and emotional well-being is hugely important. If you look after yourself, you are best placed to look after your loved ones.

Last month, we put together some advice and useful links to websites, on our school Website. We included tips and advice for **all children** to help at this challenging time. We also included specific help for those with **Additional Learning Needs**, ASD, ADHD, anxiety etc. Please also remember to reach out to us; Mrs Williams and Mrs Dent are always  available for any additional help and advice you may need.

Best Wishes to you and your family

**These are simple things we can do to improve our emotional health and wellbeing. Encourage your child to do them too and everyone will feel better**

**Give** Do something kind. As well as making someone else feel good, it can make you feel good too!

**Take Notice** Take a break to see how you feel. We don't do this enough. Relax and look around you or listen to some music, take a few deep breaths or do some yoga.

**Connect** with family and friends, even if its remotely. Enjoy each other's company, talk and listen.

**Be Active** It keeps you physically healthy and makes you feel good. Try Joe Wicks, Cosmic Yoga or just dance to your favourite song! Get some fresh air everyday, the children may initially refuse it, but once they are out, they will love it!

**Keep Learning** Use this extra time to try something new. There are so many free resources, is there something you've always wanted to do but never had the time?

### Take a Mindful Minute

If the day is getting a little bit hectic

#### **Breathe**

Take deep breaths

#### **Listen**

Take ins the sounds around you

#### **See**

Look at one thing and study it

#### **Touch**

Use a dinger tip to feel an item/area around you



Five ways to wellbeing