

The five ways to wellbeing

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[illegible]

This week we will be focussing on Values



Values are the things, concepts and ideas we consider to be good, important and valuable in making our lives better. Our personal values can be things like:

- Honesty
- Friendship
- Success
- Modesty
- Reliability
- Loyalty

What are your top 3 values and are you living by these in real life?



JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020



MONDAY

1 Decide to look for what's good, even on the difficult days

8 Write a letter to thank someone for what they did

15 Rediscover a fun childhood activity that you can enjoy today

22 Share a happy memory with someone who means a lot to you

29 Take time to do something that makes you happy today

TUESDAY

2 Re-frame a worry and try to find a positive way to respond

9 Find the joy in music today: sing, play, dance or listen

16 Ask a loved one what they feel grateful for at the moment

23 Look for something to be thankful for where you least expect it

30 Make a list of the joys in your life (and keep adding to them)

WEDNESDAY

3 Think of 3 things you're grateful for and write them down

10 Take a photo of something that brings you joy and share it

17 Be kind to you. Treat yourself the way you would treat a friend

24 Thank a friend for the joy they bring into your life

THURSDAY

4 Show your appreciation to those who are helping others

11 Say positive things in your conversations with others today

18 Send a positive note to a friend who needs encouragement

25 Eat food that makes you feel good and really savour it

FRIDAY

5 Smile and be friendly, even while you're social distancing

12 Make a plan with friends to do something fun together

19 Create a list of favourite memories you feel grateful for

26 See the upside in a difficult situation you learnt from

SATURDAY

6 Notice the upsides during the lockdown, however small

13 Appreciate the joy of nature and the beauty in the world around

20 Make time to do something playful today, just for the fun of it

27 Watch something funny and enjoy how it feels to laugh

SUNDAY

7 Find a joyful way of being physically active (indoors or out)

14 Do three things to bring joy to other people today

21 Enjoy trying a new recipe or cooking your favourite food

28 Create a playlist of your favourite songs and enjoy them



"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS



www.actionforhappiness.org

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

For Students

Mental and Emotional Wellbeing

These are some links that you might find useful to support your emotional wellbeing

- **Mental Health Foundation** - <https://menorg.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak> - practical tips to stay in good mental health whilst we stay at home.
- **See me** - <https://www.seemescotlaorg/young-people/resources/> - resources for young people and adults to promote the importance of talking about mental health and providing resources to facilitate this.
- **Mind** - <https://www.minorg.uk/information-support/for-children-and-young-people/understanding-my-feelings/> - information for young people about their emotions and feelings and how to seek the help needed.
- **Childline** - <https://www.childline.org.uk/info-advice/> - practical advice and support for children and young people on a range of topics affecting their health and wellbeing.
- **Headspace** - <https://www.headspace.com/> or App
- **Calm** - <https://www.calm.com/> or App

Re-Think The Rainbow

A creative and inspiring collection of stories, poems and voices of all ages, interlaced with so many positive messages and morals. This is a wonderful book for helping children and young adults to learn about healthy wellbeing, and how to handle difficult, stressful, confusing and sad situations and emotions which feel out of our control. Especially useful, healthy and so important for children and adults alike who are trying and learning to cope with the stresses and difficulties of this difficult time, and how to express their emotions. Would be excellent for critical analysis in schools, inspiration for children, and ideas for teachers on how to reflect upon and approach the mixed experiences of students during and after lockdown. A special and important collection.



Natalie Jones

Re-Think The Rainbow

Positivity in a pandemic.

We're All in this Together



Cover image by Rachel List

A compilation of short stories shining
a light on children's mental health.



www.iamagiantleaper.com

Help support children's mental health

Order your copy here!

<https://iamagiantleaper.com/donations/re-think-the-rainbow-ebook/>

For staff

Getting to know yourself and your strengths is a great way to connect with yourself. I have done this and it was spot on for me.

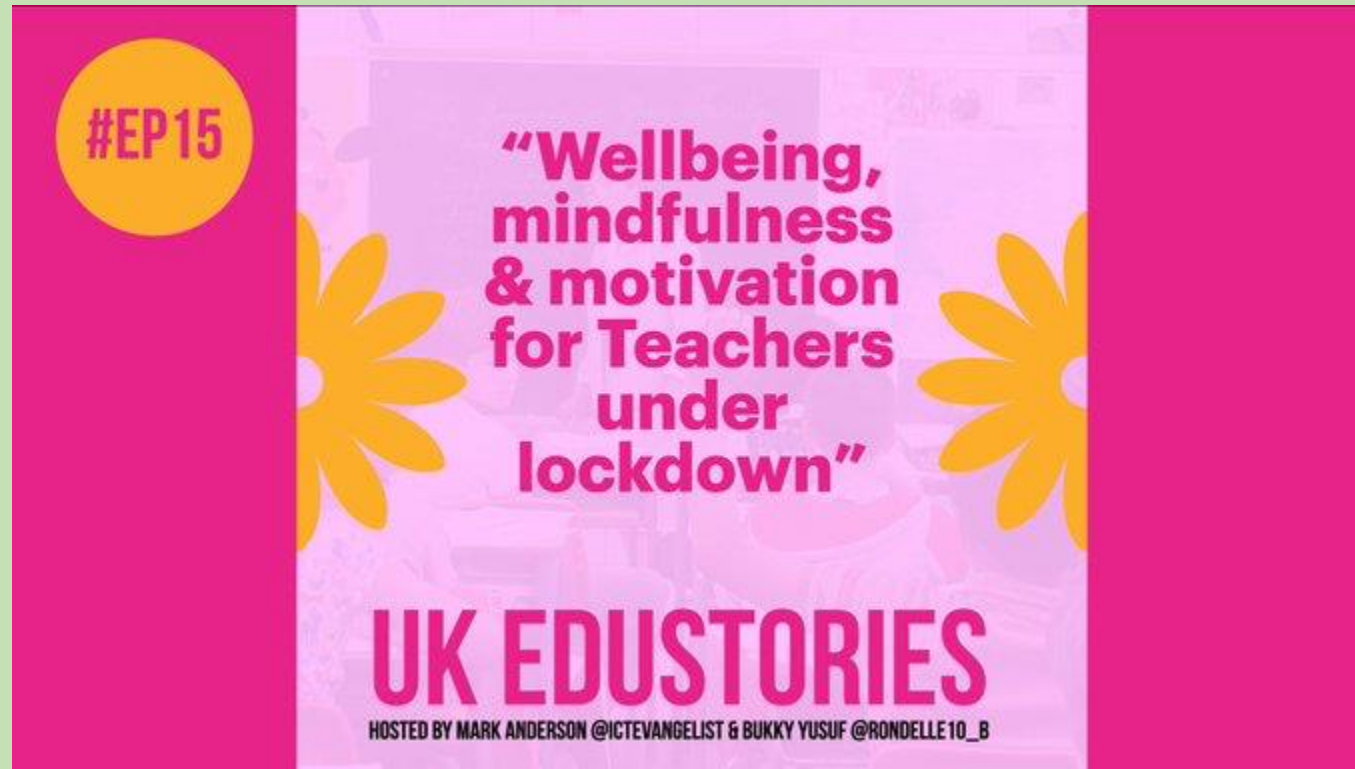


Here's the big idea...

Everyone has a leadership voice, whether they know it or not. From the most quiet to the most gregarious, we all have the ability to lead others.

[The free test is here](#)





Click here to join Andrew Cowley for UK
EDUSTORIES [_youtube.com/watch?v=CEgt0p...](https://www.youtube.com/watch?v=CEgt0p...) #EduChat

[Take tour here.](#)

Virtual Day Trip The National Gallery



Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.

Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!

Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website:
www.themathsfactor.com

Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website:
www.worldofdavidwalliams.com

Recipe corner:

This healthy noodle salad is packed with vegetables and flavoured with a spicy, low-fat soy dressing.

Ingredients

- 70g medium egg noodles
- 50g frozen soya beans or frozen peas
- 1 carrot, peeled
- ½ small red pepper, seeds removed, sliced
- 75g mangetout, trimmed and halved lengthways
- 1 cooked boneless, skinless chicken breast
- 4 spring onions, trimmed and finely sliced
- 1 long red chilli, finely sliced (deseeded if preferred)
- 15g fresh coriander leaves
- 10g fresh mint leaves
- 15g roasted cashew nuts, roughly chopped

For the dressing

- 3 tbsp water
- 3 tsp caster sugar
- ½–1 tsp dried chilli flakes, to taste
- 4 tsp dark soy sauce
- 1 tsp toasted sesame oil

Method

- To make the dressing, place the water, sugar and chilli flakes in a small saucepan over a low heat and warm gently until the sugar is dissolved. Bring to the boil and cook for 30 seconds, stirring. Take off the heat and stir in the soy sauce and sesame oil. Leave to cool.
- Half-fill a saucepan with water and bring to the boil. Add the noodles and cook for 3–4 minutes, or according to the packet instructions, until tender. Stir occasionally to separate the strands. Add the soya beans or peas to the noodles, stir well and then immediately drain in a colander. Rinse the noodles and beans under cold running water until the mixture is completely cool. Tip into a large mixing bowl.
- Carefully peel the carrot into long, wide ribbons or cut into long, thin matchsticks. Add the carrot, pepper and mangetout to the noodle salad. Cut the chicken into thin slices and place in the bowl.
- Pour the dressing into the bowl and toss so everything is well mixed. Add the spring onions, red chilli, fresh herbs and nuts to the bowl and toss lightly before serving.

Book Recommendations

- **Wellbeing:**

- The Telomere Effect by Dr. Elizabeth Blackburn, PhD and Dr. Elissa Epel, PhD – The Telomere Effect explores how the right kind of diet, exercise plan, self-care and positive thinking can effect a biological enzyme called Telomerase which can help us live long and healthy lives.

- **Adults:**

- The Stranger by Harlan Coben – Adam Price has a lot to lose: a beautiful family, a big house, a good job – a perfect life. But then he meets a stranger in a bar and learns a devastating secret about his wife.

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- **Children:**

- Howl's Moving Castle by Diana Wynne Jones - Deciding she has nothing more to lose, Sophie makes her way to the moving castle that hovers on the hills above her town, Market Chipping. But the castle belongs to the dreaded Wizard Howl, whose appetite, they say, is satisfied only by the souls of young girls...

Last but not least, here is our weekly CLL quiz.

The Kahoot for this week is:

Kahoot:

https://kahoot.it/challenge/02599159?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1592478030592

Pin: 02599159

The leader board for the last week is:

Rank	Team Name	Score
1	Team Mellings	6,725
2	Smith's	5,309
3	K	3,724
4	Guesswho	3,017