

KEEP CONNECT  
LEARNING  
BE ACTIVE  
TAKE NOTICE  
GIVE

## The five ways to wellbeing

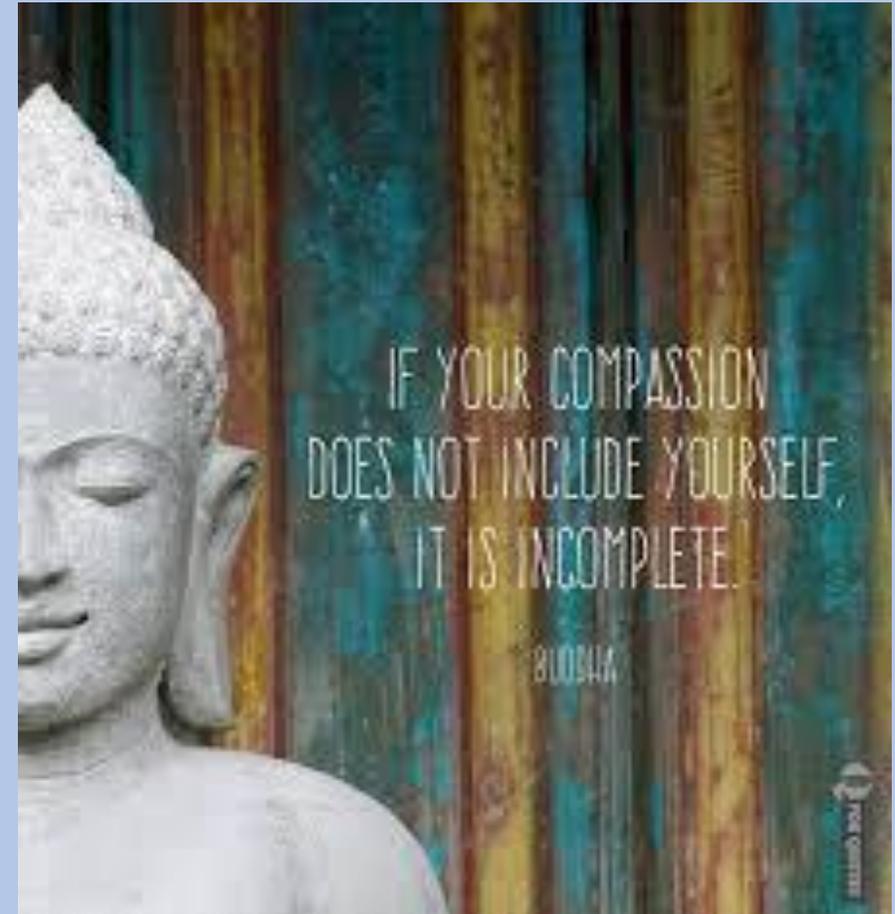
The current Covid-19 crisis is changing daily. This week our hope is to help you find a sense of calm amongst all the uncertainties. We will share our top tips to help adjust to these unsettling times.

Compassion improves health by strengthening our immune system.

It normalises blood pressure and can lower stress and depression.

Compassion enables us to understand ourselves and others better.

Serious societal issues such as homelessness and racism, can be addressed through compassionate actions.



This week we will be focussing on Compassion



# 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](http://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

- Parents
- As we begin to reintegrate back into our new normal post lockdown, what can parents do to help their children if they are feeling anxious?
- Here are some helpful tips...



**Be Calm** - role model the calm you want to see in your children, if you are showing you're ok then they may feel safer to return to normal life.



**Be Positive** - Remind your child of all their successes both in lockdown and in the current day.



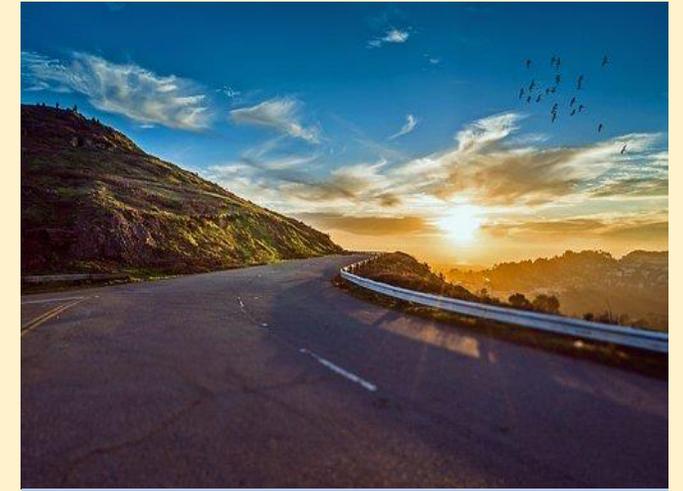
**Be Curious** - Listen and try not to dismiss or minimise their fears but validate how they are feeling - "I can understand why you would feel like that, what do you need to feel better?"



**Be Thankful** - Help your child think of 3 things they are grateful for, this is a particularly helpful activity at bedtimes and can help settle anxious minds.



**Be Supportive** - Your child may struggle with returning to some form of normal life. Let them know it's ok for things to feel a bit wobbly and that you are there with them by their sides in these unsettling times. A transitional object can help for children who may be suffering with separation anxiety.



**Be Prepared** - support your child with any changes ahead. You may want to rehearse and practice new routines. Remind your children there are not stupid questions and offer a caring listening ear. It can be really empowering for children to find their own solutions to problems.

For staff



Lots of curated excellence in this week's [Innovate My Home Learning newsletter](#), with content and resources from [@LauraMorganTLC](#), [@mbfxc](#), [@emergelab](#), [@E Sheninger](#), [@Bett show](#), [@LiteracyShed](#), [@grahaman dre](#), [@BAMEedNetwork](#), [@MrAllsopHistory](#), [@TMHistoryIcons](#) & more:



## For staff

Jo Morton Brown is a Emotional Health Practitioner, she is passionate and a committed advocate for the improvement of children's mental health support

YouTube adventure: Jo has created a channel to directly support educators and young people. Her videos provide professional support to look after your emotional wellbeing and cover a range of topics such as bereavement, worrying, perfection, get motivated, etc.



Video link - Do you worry too much?:

[https://www.youtube.com/watch?v=MApb\\_N6Vwwl&t=35s](https://www.youtube.com/watch?v=MApb_N6Vwwl&t=35s)

# Virtual Day Trip London Sights



[Take your trip here](#)



# 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](http://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](http://www.worldofdavidwalliams.com)

## Recipe corner:

### Lemon Ice Cream

There is no ice cream simpler or more delicious to make than this.

#### Ingredients

300ml double cream

300ml full-fat natural yoghurt

2 lemons, finely grated zest and juice

350g caster sugar

300ml pint milk

Whisk the cream in a bowl until soft peaks form when the whisk is removed. Stir in the yoghurt, lemon zest and juice, sugar and milk. Whisk until well combined.

Pour into a 1.5 litre shallow plastic container, cover with a lid and freeze for at least six hours, preferably overnight, until firm.

Remove the ice cream from the freezer, cut into chunks and blend in a processor until smooth and creamy. Return to the plastic container, cover with the lid and return to the freezer until required.

# Book Recommendations

- **Wellbeing:**

- The Boy, The Mole, The Fox and The Horse by Charlie-Mackesy - Enter the world of Charlie's four unlikely friends, discover their story and their most important life lessons.

- **Adults:**

- I know Why The Caged Bird Sings by Maya Angelou – Angelou evokes her childhood with her grandmother in the American south of the 1930s.

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- **Children:**

- The Graveyard Book by Neil Gaiman - When a baby escapes a murderer intent on killing the entire family, who would have thought it would find safety and security in the local graveyard?

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

The Kahoot for this week is:

[https://kahoot.it/challenge/02809218?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff\\_1591876000045](https://kahoot.it/challenge/02809218?challenge-id=67d6d8a2-6693-48e1-bc4a-3e38818bc1ff_1591876000045)

Pin: 02809218

The leader board for the last week is:

<b>Team Name</b>	<b>Score</b>	<b>Rank</b>
Melon	13,259	1
JakeVenables	11,425	2
B Team	7,641	3
Pencil	6,919	4