






Wellbeing Wednesday – 27th January

Dear Parents and Carers,

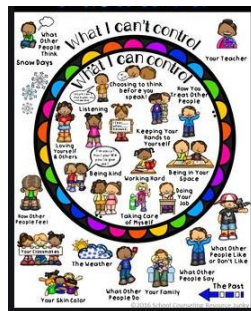
Here are some ideas to help you feel calm and positive during the week ahead.

Sensory Grounding Activity

 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Find 5 things that you can see.
 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Notice 4 things that you can feel.
 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Find 3 things that you can hear.
 <input type="checkbox"/> <input type="checkbox"/>	Notice 2 things that you can smell.
 <input type="checkbox"/>	Notice 1 thing that you can taste.

Tapping into our senses can really help us feel more balanced and connected to our surroundings. The sensory grounding exercise is commonly used in somatic work, Mindfulness and children's yoga. It helps to regulate our breathing and calm our nervous system when we feel stressed.

Circle of Control



Constant change in our outer world can lead to feelings of overwhelm. One way to reduce this is to focus on the things within our control. The attached PDF helps to focus on 'What I can control' or 'What I can't control'. This activity is useful for adults and children because it helps us decide where we can best focus our energy.

Positive Communication



Dr Gary Chapman (family counsellor) has written all about the different ways we communicate with each other. He has broken this down into five ways we prefer to give or receive love and support. The website has a free quiz and resources for children and adults to figure out their preferred 'Love Languages'.

<https://www.5lovelanguages.com/5-love-languages/>