

# Wellbeing Wednesday - 3<sup>rd</sup> February 2021

Dear Parents and Carers,

This week is **Children's Mental Health Week**. Dalmain pupils have been given special projects to reduce screen time and boost their wellbeing. Teachers and TAs have also shared some fantastic wellbeing tips for you to try at home.



## Action for Happiness

'Friendly February' is the latest Action for Happiness calendar. It has lots of useful ideas to help you build positive connections with others. The PDF is attached to this email. The calendars are available in more than 30 languages so click on the link and share with family and friends. [Action for Happiness](#)



## Children's Mental Health Week

The Place2Be website has lots of useful ideas to support your wellbeing. Click on the link for resources to add to your weekly wellbeing routine. [Coronavirus: wellbeing activity ideas for families \(place2be.org.uk\)](#)

## Create a Calm Corner



Creating your own special 'Calm Corner' or 'Calm Zone' at home can really help you to self-regulate, focus or recharge your energy. The corner can be simple and you may choose to add some of your favourite toys or objects. It could be a 'Pop Up' Corner or a permanent area of your home.

Here are some things you might like to include:

- Somewhere soft to sit or lay down (a cushion, a blanket, rolled up jumper or small mat)
- Some lights, a torch or glow in the dark stars
- Something that smells nice (vanilla, lavender, orange peel, cinnamon)
- A pillow or something squishy to cuddle
- An old sheet or scarf if you'd like to cover your head or face
- Something that crackles or pops (bubble wrap or scrap paper)
- Something to blow can also be nice. It could be bubbles (bubble bath or washing up liquid are good), a feather, tiny pieces of paper or a windmill.

Use your imagination and please share your Calm Corner ideas with your class teacher!

Dalmain Primary School 2021