

Wellbeing Wednesday February 10th 2021

Dear Parents and Carers,

This week contains tools and resources to help you support sleep routines as well as some ideas to celebrate the upcoming Random Acts of Kindness Day.



Random Acts of Kindness Day

Wednesday 17th February is Random Acts of Kindness Day. You can download posters, colouring sheets and calendars with lots of fun ideas to add more kindness to your daily life. [Random Acts of Kindness | Random Acts of Kindness Day 2021](#)



We have also included some ideas to start you off:

- Make some kindness notes
- Create a kindness treasure map
- Record a kindness message
- Host a virtual Kindness tea party
- Start a Kindness Club
- Design your own Kindness game
- Make a Kindness paper chain
- Leave a thank you note for a post or delivery person
- Create a Kindness Zone in your house
- Keep a kindness jar

A Good Night's Sleep



If sleep patterns or bedtimes are becoming tricky, you could try some of the following ideas shared by the HSC and The Sleep Charity and The Sleep Council:

- Schedule in at least one hour of relaxation time before bedtime.
- Avoid screens at least one hour before bedtime.
- Encourage children to participate in relaxing activities such as puzzles, colouring or building blocks.
- Have a bath time routine to prepare children mentally and physically for rest and sleep.
- Set aside a dedicated time earlier in the day to talk about or let go of any worries.
- Avoid stimulants such as sugar for 2-3 hours before bedtime.
- Ensure the bedroom is comfortable, quiet and dark. Use a night light if your child needs one.
- Read a bedtime story to help with the transition.
- Ensure you are getting enough natural daylight and physical activity during the day.

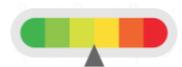


Nodcasts

The Sleep Council surveyed more than 2,000 people and found that sounds from nature were extremely helpful for de-stressing or falling asleep. They produced a Nodcast with a range of sounds from nature for people to listen to. [Nodcasts - The Sleep Council](#)

Sleep Tracker

Keeping a sleep diary, tracker or journal can help you notice your sleep patterns and make any links with daytime activities or influential events. The Sleep Charity has diary templates for children, teens and adults. You can see the attached children's PDF or click on the link for other family members. [Sleep Diary - The Sleep Council](#)



Stress Test

The Stress Test can help you identify anything that may be impacting your sleep routine and it shares some useful tips to help you alleviate some of the symptoms. [Stress test - The Sleep Council](#)