

## Wellbeing Wednesday 3<sup>rd</sup> March 2021

Dear Parents and Carers,

This week the focus is on returning to school. Your teachers and support staff are busy creating exciting lessons and activities to help you settle back into school life. You may have different thoughts about coming back to school so here are some activities that may help.



### Feelings Jar

Write or draw your some of your thoughts or feelings and put them in a jar, box or bag. At the end of the day, take them out and have a look at them.

**Which ones make you feel happy or excited?**

**Which ones make you feel sad or anxious?**

If your thoughts make you feel uncomfortable, you can talk to an adult.



### Finger Print Exercise

This is a simple activity to help you calm down or feel more focused.

Look at your fingerprints.

Gently press each finger to your thumb (beginning with your index through to your little finger).  
Imagine you are rubbing your thumbprint onto each finger.



### Mindful March

We have also attached the Action for Happiness **Mindful March** calendar to this newsletter. Here is a link to the website if you would like a copy in a different language. [Action for Happiness](https://www.actionforhappiness.org)