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Dear Parents and Carers,

WELLBEING WEDNESDAY 10

I hope you all had a happy Half Term! This week is all about using different craft activities to support your wellbeing.

Zentangles



A Zentangle is a type of sketch or doodle that calms the mind and body. They are based on repeating simple shapes in order to build up a pattern. Anyone can make one and they look amazing! Here are some examples and tutorials:

<https://www.youtube.com/watch?v=qBwHUKHUdD8&feature=youtu.be>
<https://www.youtube.com/watch?v=SW7-uVzhavs&feature=youtu.be>

Make a Stress Ball



Stress balls can be a useful tool for calming down when you have an uncomfortable or unexpected feeling. You can buy them from the shops, but it is much more fun to make your own using a balloon and filling it with flour, rice, lentils or cornstarch. It's a bit tricky and can get a bit messy so it's best to have help from a grown up. Here are some video tutorials showing the different ways to make them. Once you've made one, you may decide to make some for your friends and family!

<https://www.youtube.com/watch?v=ndp2gg6wveM> (cornstarch)
<https://www.youtube.com/watch?v=U10VqFH3zq> (flour)

Worry Stones



A worry stone is usually a pebble, smooth rock or semi-precious stone that is held by an adult or child when they feel anxious and need to be grounded in present the moment. There are many different designs and textures available but you can easily make your own with salt dough, oven bake clay (Fimo or Sculpey) or Mod Roc.

<https://www.youtube.com/watch?v=vxU3tKvkyp8>

Nature Mobile



Now we're able to travel around more, it's fun to go on nature trails. You can make a nature mobile using fallen leaves, twigs, flowers, seeds, feathers and string. You may also need some masking tape to help you attach different objects to the sticks or string.

Ephemeral Artwork



You could collect a range of objects and use them to create a nature Mandala (circle) or Andy Goldsworthy inspired piece artwork. Remember to take a photo and leave the objects where you found them. We'd love to see your creations!

Create your own Mood Tracker



A Mood Tracker can help you record the different moods you experience over a period of time. Each mood, feeling or emotion is coded with a colour or a pattern. This represents the main mood you've had that day. You could also decide to draw your own shape, divide it into 7 sections and use it to record your mood for the week. If you're feeling adventurous, you might draw a picture with 30 sections and record your mood for a whole month. We have made a PDF template so you can track your mood for the next 30 days. Happy tracking!

Yours sincerely,

Ms Mann
Assistant Head & Wellbeing Lead