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Dear Parent/Carer,

WELLBEING WEDNESDAY

This week focuses on calming and connecting with our inner world. The activities are inspired by children's yoga, Somatic Embodiment practices, Mindfulness and self-massage. We haven't included links so we can take a break from screen time.

Mindful Hands



Try this exercise to help you calm, focus or give your brain a break. Top Tip: You might want to record your voice reading the instructions or let someone else read the instructions while you observe your hands!

- Hold your hands out in front of you and look at them for approximately 1 minute.
- Notice the shapes, colours and different textures on your palms.
- Look at your finger ridges, look at your finger nails and different parts of your hands.
- Look at your knuckles and compare the differences between the rest of your fingers.
- Tell someone in your family about your observations.

Resilience Umbrella



Who are the different people that help you? Who are the people you help?

Think of all the names and then add them to your Resilience Umbrella. Just like a real umbrella protects you from the rain, a Resilience umbrella includes the different people that help or support us. You might want to use post it notes to decorate a real umbrella. You might also like to draw or write the names of the people on the PDF template.

Toe-ga



Challenge your family to a game of Toe-ga!

You will need pom poms or small (soft) objects placed on the floor.

- Set a timer for 3 minutes.
- See how many pom poms (or small objects) you can pick up with your toes.
- Count the number of objects in your pile. The person with the most is the winner!

Mini Head Massage



Use your hands to make tiny circles on your scalp. This can be a fun thing to make you laugh or it can be a calming thing to do just before bedtime.

- Start by holding your hands out in front of you.
- Make small circular motions.
- Now place your hands on your head and repeat that movement all over your scalp.
- Notice if there are any differences between the front, middle or back of your scalp.

Self-Hug

This is a lovely way to calm yourself down or give your upper body a stretch.

- Wrap your arms around your body.
- Smile and give yourself a big hug.
- Notice how your arms move as you breathe in and out.

Yours sincerely,

Ms Mann
Assistant Head & Wellbeing Lead