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Dear Parents and Carers,

WELLBEING WEDNESDAY

This week the focus is on engaging the senses.

Taste and Texture



Exploring different textures and tastes is a fun way of bringing Mindfulness into your regular daily activities. Closing your eyes while you eat a piece of fruit, popcorn or an ice lolly can help you explore your sense of taste in a new way. Here are some different recipes to make your own fruit based ice lolly. <https://www.bbcgoodfood.com/howto/guide/5-best-ice-lollies-kids>

Figure of Eight Breathing



This is another type of diaphragmatic breathing that is fun for children and adults to do. You can use the attached PDF (Zones of Regulation) or you can draw your own figure of 8 on paper. You follow the outline of one side of the 8 with your finger and inhale, then you exhale when you trace the other side of the 8.

Other variations can include using your arms to create a large figure of 8 shape, drawing a large shape with chalk on the ground or making a large figure of 8 shape with twigs and leaves. You can make it as large or as small as you want. Try the different variations and see which one you like the most.

Make Rainbow Chatterbox (Fortune Teller)



For many years, rainbows have been used as symbols of peace, equality and love. Fortune Tellers or Chatterboxes are a great way of combining those ideals and turning them into a game or activity you can enjoy with your family. You may choose to create your own from scratch (see the attached PDF tutorial) or you may want to use the attached templates to start you off. Think about the different words, quotes or pledges you would like to add to your creation.

You may choose to use it at the beginning and end of each day as a way of sharing positive thoughts with your family.

Sensory Adventure



Try carrying out some of the list of activities. Notice how they feel and experiment with any differences when your eyes are open or shut. Make sure you have permission and guidance from an adult before trying them.

- Squeeze a cushion (try this with your eyes open and closed)
- Holding a smooth stone in your hand
- Splash your hands in water
- Walk barefoot on different surfaces (grass, sand, carpet, concrete) and notice the difference.
- Playing with dough or putty
- Cuddle your pet
- Using lotion on your hands

Yours sincerely,

Ms Mann
Assistant Head & Wellbeing Lead