



# Dalmain Primary School

Grove Close  
Brockley Rise  
Forest Hill  
London SE23 1AS

Tel 020 8699 2675  
[www.dalmain.lewisham.sch.uk](http://www.dalmain.lewisham.sch.uk)  
[admin@dalmain.lewisham.sch.uk](mailto:admin@dalmain.lewisham.sch.uk)

*Headteacher*  
Ms Erika Eisele  
*Deputy Headteacher*  
Mrs Sarah Rose

1 July 2020

Dear Parents and Carers,

## WELLBEING WEDNESDAY

We have shared a wide range of strategies, activities and tools to help you stay calm and positive during these challenging times. This week we are encouraging you to select one or two of your favourites so that you can schedule them into your daily or weekly routine. We have also added a few more resources to get you started.

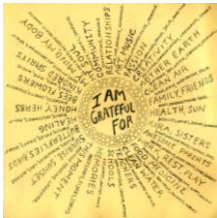
## Checking In



Before we start trying to improve our wellbeing it's useful to actually check in to see how we are feeling in the present moment.

Using a scale of 1-10 can be a great way of doing this. If 10 is amazing and 1 is awful, we can decide and record where we think we are and then think about what might help us move to the next number. You might even want to create your own feelings temperature scale and use the facial expressions instead of numbers.

## Gratitude List



Keeping gratitude lists can also give a daily or weekly reminder of the good things in our lives. You might like to create your own or you can print the attached PDF.

## Jump Back July



The latest Action for Happiness calendar is all about resilience. It has lots of useful ideas to help us bounce back or cope with challenges. Please see the attached PDF.

Yours sincerely,

**Ms Mann**  
Assistant Headteacher & Wellbeing Lead

