

World Smile Day

Friday 4th October 2024.



World Smile Day is a day dedicated to smiling and spreading random acts of kindness. The idea of the day is to do a simple act of kindness for someone to make them smile and spread positivity. Click the link below for more information:

[World Smile Day 2024 - School of Kindness](#)

Autumn is a beautiful season for appreciating peaceful moments. Here's some calming activities to enjoy during this time of year.

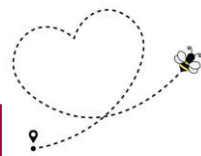


1. Take a Leaf Breath- This is a calming activity where children choose a leaf and trace its shape to practice mindful breathing, helping them stay grounded and learn deep breathing, using a visual cue.

2. Autumn-Themed Calm Jar - Create a simple two-ingredient calm jar inspired by autumn ([see the recipe here](#)). Add some crumbled leaves to create beautiful swirls, mimicking the way autumn leaves fall from trees.

3. Take an Autumn Colour Walk- Enjoy a colour walk with your children, spotting the beautiful autumn hues. Enhance the experience with a seed scavenger hunt for conkers, acorns, and sycamore seeds.

4. Feel Calm with a Conker - Use a conker as a calming focal point by holding it tightly in your hand. Focusing on the texture helps ground you, calming your mind and body.



October 2024

Wellbeing Newsletter



In their My Happy Mind lessons, the children have been learning about Team H-A-P and how it helps us perform at our best when working together. However, when we feel worried or stressed, the amygdala takes over, making us react impulsively. When this happens, practicing 'Happy Breathing'—slow, calm breathing—has been shown to sooth the mind, especially the amygdala.

Meet team H-A-P.



Hippocampus - is like a scrap book storing our memories and things that we learn.

Amygdala - is there to react to keep us safe when there is danger. It cannot assess danger though, it can only react if it senses it by fighting, freezing, or flighting!

Prefrontal Cortex - Helps us to make decisions, understand different perspectives, solve problems, analyse and make choices.

To learn more about Team H-A-P <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted to input an authentication code, which is **111357**.

Below is the parent newsletter for Meet Your Brain. [Parent Newsletter MYB \(thinkific.com\)](#)

World Mental Health Day 10 October 2024



This year's theme focuses on **workplace mental health**.

The theme highlights the importance of addressing mental health and wellbeing in the workplace, for the benefit of people, organisations, and communities.

Below are website links that can help support mental health in children and adults.

[How to support mental health at work | Mental Health Foundation](#)

[YoungMinds | Mental Health Charity For Children And Young People](#) | [YoungMinds](#)

AUTUMN YOGA



I am a bear.
DOWNWARD-FACING DOG POSE



I am a whale.
LOCUST POSE



I am a fox.
KNEELING



I am a hedgehog.
CHILD'S POSE



I am a monarch butterfly.
COBBLER'S POSE



Optimistic October 2024

"Choose to be optimistic. It feels better." Dalai Lama

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time



28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together