

December 2024

Wellbeing Newsletter

Don't have a melt down

Count to 10

Take a walk

Take a deep breath

Think happy thoughts

Write about your feelings

Talk about your feelings

Ask for help

Keep your cool



Create a 'Bored Jar'

A **Bored Jar** is a fun and simple way to combat boredom by creating a collection of activities to do when you're feeling uninspired. All you need is a jar, paper, a pen, and creative activity ideas!

- Make up your own ball game.
- Create a board game
- Do a wordsearch
- Do leaf tracing
- Read a book
- Listen to music
- Blow bubbles.
- Take photos of clouds and play "What do you see in the clouds?"
- Play tic tac toe with chalk on the pavement
- Go on a bike ride.
- Jump rope. See how long you can go for
- Play balloon tennis.

My Happy Mind

Celebrate



This term, My Happy Mind lessons have focused on Character Strengths, helping children understand what these strengths are and how embracing and using them can help them thrive. Character Strengths are the traits that make each of us unique, highlighting our individuality and something to celebrate! Unlike skills or talents, such as excelling in football or maths, character strengths reflect who we are at our core. Through these lessons, children also explore the concept of **neuroplasticity**, learning that with focus and effort, they can shape and develop their character over time.

To access the My Happy Mind app just visit <https://myhappymind.org/parent-resources> and enter your name and email address. You will then be prompted for an authentication code, which is **111357**.

Winter Activities

Cheshire West and Chester Council's SEND HAF sessions offer free activities for children with SEND, including outdoor adventures, arts, sports, and social events like Christmas parties and pantomimes. Healthy meals are included, and parents can attend for free to support their child. Click the link below for further details.

[SEND HAF Winter 2024 FINAL.pdf](#)



Do good December

“.” Nelson Mandela

December Kindness 2024

SUNDAY

1 Spread kindness and share the December calendar with others

MONDAY

2 Contact someone you can't be with to see how they are

TUESDAY

3 Offer to help someone who is facing difficulties at the moment

WEDNESDAY

4 Support a charity, cause or campaign you really care about

THURSDAY

5 Give a gift to someone who is homeless or feeling lonely

FRIDAY

6 Leave a positive message for someone else to find

SATURDAY

7 Give kind comments to as many people as possible today

8 Do something helpful for a friend or family member

9 Notice when you're hard on yourself or others and be kind instead

10 Listen wholeheartedly to others without judging them

11 Buy an extra item and donate it to a local food bank

12 Be generous. Feed someone with food, love or kindness today

13 See how many different people you can smile at today

14 Share a happy memory or inspiring thought with a loved one

15 Say hello to your neighbour and brighten up their day

16 Look for something positive to say to everyone you speak to

17 Give thanks. List the kind things others have done for you

18 Ask for help and let someone else discover the joy of giving

19 Contact someone who may be alone or feeling isolated

20 Help others by giving away something that you don't need

21 Appreciate kindness and thank people who do things for you

22 Congratulate someone for an achievement that may go unnoticed

23 Choose to give or receive the gift of forgiveness

24 Bring joy to others. Share something which made you laugh

25 Treat everyone with kindness today, including yourself!

26 Get outside. Pick up litter or do something kind for nature

27 Call a relative who is far away to say hello and have a chat

28 Be kind to the planet. Eat less meat and use less energy

29 Turn off digital devices and really listen to people

30 Let someone know how much you appreciate them and why

31 Plan some new acts of kindness to do in 2025

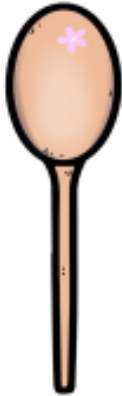


ACTION FOR HAPPINESS

Happier · Kinder · Together

Kindness Cookies Gift Recipe

Here is a lovely cookie recipe to make with an adult. You can give them to your friends and family as a gift.



Ingredients

- 100g softened butter or margarine
- 100g brown sugar
- 1 tablespoon golden syrup
- 150g Self Raising flour
- A packet of Choc chips or smarties

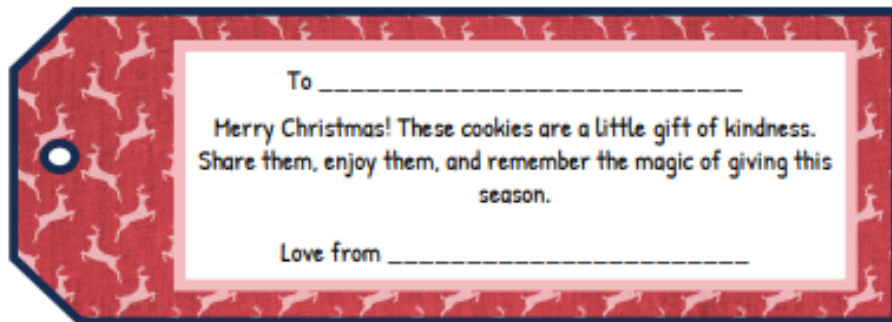


Method

- Cream the butter and sugar together until light and fluffy.
- Add the golden syrup and mix well.
- Add the flour and mix in carefully.
- Add the chocolate chips or smarties and mix again.

Divide into about 15 pieces (approx. 25g each) and roll into a ball. Wet your hands a little if it is a bit sticky. Place on a greased baking sheet spaced well apart. Bake at 180 for about 10 to 12 mins. Don't over cook. Leave to cool for a few minutes on the baking tray. Lift them off carefully and place on a wire rack to finish cooling.

You will have some Crispy, chewy, choc chip cookies. Wrap them up and attach a gift label. How does it feel to give someone a gift?



Bell of Peace



Breathe in slowly, imagining the soft ringing of a bell. As you breathe out, picture the sound spreading peace around you. With every breath, you ring out calmness and let go of any stress.

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Wrapped in Peace



Take a slow breath in, and picture yourself being gently wrapped in a cosy blanket, like a Christmas present. As you breathe out, let yourself feel warm and peaceful, as if you're wrapped in calm.

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Winter House



Take a deep breath in, and picture yourself inside a warm winter house. As you breathe out, imagine watching the soft snow falling outside your window. With each breath, feel more peaceful and safer, wrapped in warmth

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Soar like a Bird



Take a deep breath in, and picture yourself as a bird flying through the clear, blue sky. As you breathe out, imagine your wings gliding on the breeze, light and free. Each breath helps you soar higher, feeling peaceful and relaxed

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Penguin Huddle



Breathe in slowly, imagining yourself as a penguin huddled close with others, feeling the warmth of the group. As you exhale, feel that warmth and calm spread through your whole body, like a cosy penguin in a snowy world.

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Shiny Bauble



Imagine you are a shiny, colourful bauble hanging on a Christmas tree. As you breathe in through your nose, feel yourself glowing softly. As you exhale gently through your mouth, let your light shine brighter, calm and still, like a peaceful ornament.

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