

## Pretend to be a flower



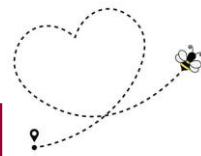
Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

## Reminder

Just a reminder that the Emotional Co-Regulation Support presentation with Rory Formstone-Roberts is taking place on Tuesday, 13th May, from 5:30pm-6:30pm.

To sign up please click [here](#). This session will provide valuable strategies to support children's emotional regulation and well-being. We encourage you to attend and take advantage of this opportunity.

For additional support, please visit our wellbeing webpage, [St Mary of the Angels Primary School: Support for Families](#), which provides signposting to a variety of services available to support our families.



April 2025

## Wellbeing Newsletter



### Easter Egg Stress Toy



Easter egg stress toys help children relieve stress, promote emotional regulation and provide a fun, calming way to manage stress.

1. Stretch your balloon and blow some air into it. Then let the air out.
2. Put the funnel into the neck of the balloon. If you don't have a funnel, you can make one by safely cutting off the bottom half of a plastic bottle. You may need to ask a parent/carer to help you with this.
3. Pour a small amount of flour into the balloon through the funnel. The balloon shouldn't be too full. You may find four or five teaspoons is enough. You can use the end of your teaspoon to help you push the flour through.
4. Next, tie a knot in your balloon, asking an adult to help if you need it.
5. Gently decorate your egg-shaped stress toy with permanent markers to make it a fun Easter craft.
6. Squish and knead your stress toy to help you relax.

## Stress Awareness Month

Held every April, raises awareness about stress and how to manage it. The theme for 2025 is **#LeadWithLove**, focusing on kindness, compassion, and empathy to support mental well-being. It encourages individuals and organisations to create supportive environments that reduce stress and promote positive change.

Below are links to resources and activities to support children

[t-par-1647859364-stress-bucket\\_ver\\_1.pdf](#)

[Helping Your Child Recognise and Manage Stress](#)



## Book recommendation



"The Colour Monster" by Anna Llenas uses colours to help children recognise and express their emotions.



# Active April

“Don't be afraid to make mistakes. You learn from them”

Active April 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Commit to being more active this month, starting today

2 Spend as much time as possible outdoors today

3 Listen to your body and be grateful for what it can do

4 Eat healthy and natural food today and drink lots of water

5 Turn a regular activity into a playful game today

6 Do a body-scan meditation and really notice how your body feels

7 Get natural light early in the day. Dim the lights in the evening

8 Give your body a boost by laughing or making someone laugh

9 Turn your housework or chores into a fun form of exercise

10 Have a day with less screen time and more movement

11 Set yourself an exercise goal or sign up to an activity challenge

12 Move as much as possible, even if you're stuck inside

13 Make sleep a priority and go to bed in good time

14 Relax your body & mind with yoga, tai chi or meditation

15 Get active by singing today (even if you think you can't sing!)

16 Go exploring around your local area and notice new things

17 Be active outside. Plant some seeds and encourage growth

18 Try out a new exercise, activity or dance class

19 Spend less time sitting today. Get up and move more often

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

21 Regularly pause to stretch and breathe during the day

22 Enjoy moving to your favourite music. Really go for it

23 Go out and do an errand for a loved one or neighbour

24 Get active in nature. Feed the birds or go wildlife-spotting

25 Have a 'no screens' night and take time to recharge yourself

26 Take an extra break in your day and walk outside for 15 minutes

27 Find a fun exercise to do while waiting for the kettle to boil

28 Meet a friend outside for a walk and a chat

29 Become an activist for a cause you really believe in

30 Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier · Kinder · Together

# HAPPY NEWS

**WORLDWIDE** **KIDS** **UK**

## Being kind makes you happier than money

Money doesn't make you happy, being kind does - according to the 2025 World Happiness Report. It found that believing someone would return your lost wallet makes you happier than earning more money. In the report, Finland topped the list of world's happiest countries for the 8th year in a row. It also showed that places where people feel more kindness in their communities also have much higher happiness levels.



## World turns off for Earth Hour

Iconic landmarks around the world switched off their lights for Earth Hour on Saturday. The Eiffel Tower, London Eye, Colosseum, Sydney Opera House and more all went dark in a powerful display of support for the planet and to raise awareness about climate change.



## Girl wins campaign to save lollipop man's job

A 10-year-old girl from Wales has helped save her local lollipop man's job after launching a heartfelt campaign. Paris Perkins, from Machen Primary School, sprang into action when she heard that Billy Lee, the much-loved school crossing guard, could lose his role due to council budget cuts. Paris started a petition and even set up a stall outside the local shop to speak to the community. Her efforts made such an impact that the council reversed its decision, and Billy is keeping his job!



## Design the mascot for NASA's next moon mission

NASA is inviting people of all ages to help design a zero gravity indicator - a small plush mascot that will float inside the Orion spacecraft during the Artemis II mission. This exciting contest, open until 27th May, is all about designing something that represents the Artemis mission, space exploration, or discovery. The winning design will be built by NASA and travel to space with astronauts as a symbol of the people back on Earth. For details and how to enter, visit [freelancer.com/moon-mascot](https://freelancer.com/moon-mascot).



## What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
13+

Instagram remains one of the world's most popular social media platforms, especially among teens - with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app - and what the risks are.

### WHAT ARE THE RISKS?

#### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

#### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an AI app called Lila. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

#### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers - or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during the sessions.

#### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

#### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages late at night or early in the morning, lets you disrupt their sleep or keep them preoccupied before the school day even begins.

#### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as it feels like. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them, make sure that children use their real age when registering their account to ensure they have these protections.

### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram - and what makes them uncomfortable. Encourage honest chats about likes, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine reviewer feedback and paid promotions - and how online personalities can stage opinions and behaviour.

### Meet Our Expert

Dr Claire Bathelard is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and setting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College