

Mental Health and Well-Being November 2022

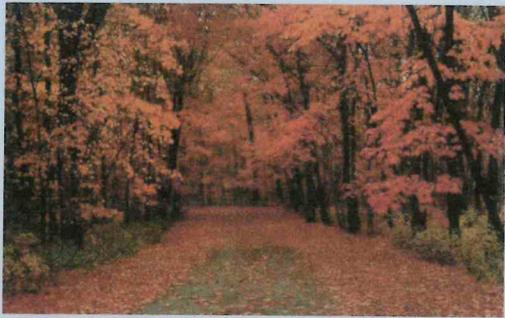
Welcome to our first Mental Health and Well-being focus in our newsletter. At St Dunstan's, we are committed to supporting children, staff and parents in their wellbeing and mental health. We know that wellbeing, physical and mental health are all vital to successful learning.

Well-Being Tip:

Spend time in Nature!

Why not make the most of what Autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.

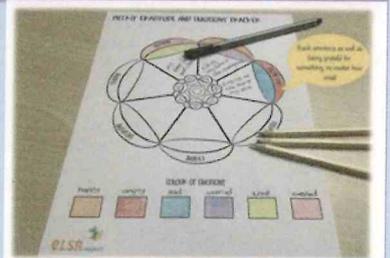
Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.



Gratitude and Emotions Tracker

This is a lovely activity to do with your child (or as a family).

They need to think of 6 common emotions for them and assign a colour to each one of them. The outer part of



the mandala is for tracking 2 different emotions each day. Inside the mandala they can think of one thing they have been grateful for that day. Sometimes it is tough to do this when you are perhaps having a sad or anxious day but anything at all, no matter how small can be written down. Children could also draw something they are grateful for if they aren't keen on writing. The inside of the mandala can be used for mindful colouring.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/09/Weekly-gratitude-and-emotions-tracker.pdf>

Action for Happiness

Please have a look at **November's Action For Happiness Calendar** attached with a focus on New Ways November.

There are suggestions on each day for new things you may wish to try to support with your mental health and well being.

by Mrs D Soma,
SENDCo

New Ways November 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2	3	4	5	6	7	8
9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24
25	26	27	28	29	30		

Illustrations at the bottom include a person jumping rope, a person with a magnifying glass, a person with a laptop, and a person with a bicycle.

ACTION FOR HAPPINESS

Happier · Kinder · Together