mental health. We know that wellbeing, physical and mental health are all vital to success-

## 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-emotionstracker.pdf

## Action for MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY 2022 Happiness Make a list f new things ou want to d **Respond** to Sign up to join Try out a your norma a difficult a new course. new way of eing physically situation in a activity or onlin nd notice ho you feel different way November community active Please have a look at November's When you el you can't omething, ac **Action For** Be curious. Find out Plan a new something new Learn about a activity or idea Happiness Calendar you want to try new topic or an bout someone the word "yet out this week inspiring idea you care about attached with a focus on New Ways Make a Look at Find a new Connect meal using life through November. way to help or new ideas by thinking "Yes ays o practice sel are and be ki to yourself with someone a recipe or someone else's support a cause from a different ingredient eyes and see you care about generation you've not ir perspectiv There are tried before Š suggestions on each Share with Find a Try out a day for new things a friend new way to tell different radio