

Welcome to our
Wellbeing Newsletter

This term we have used the Wellbeing Board to look at the 4th of the 5 steps to wellbeing:
Be Active.

Did you know that every time you run, hop, stretch, dance or even wiggle in your seat, you're helping your mind feel happier? Being active isn't just about getting strong muscles; it also helps your brain feel calm, focused and ready to learn.

Being active is amazing: it gives you happy hormones that make you smile more; it helps your brain concentrate in class; it helps you sleep better at night and it even makes you more creative.



The 60-Second Wiggle

Whenever you feel a bit bored, fidgety or sleepy try this:

- Set a timer for 1 minute
- Wiggle your arms, dance around, jump on the spot - whatever you like!
- When the timer stops, take one slow, deep breath. You've just given your mind and body a mini-workout.

Holiday Challenge Time

Maybe you could try a few of these activities over the break.

- * Make up a silly dance
- * Play a new game outside
- * Walk your imaginary pet, dragons love adventures
- * Race to tidy your toys
- * Try some simple yoga poses
- * Play a game of Simon Says

Fun Facts

Children who move their bodies often feel more confident. That's because doing active things makes your brain say, "Wow, I'm brilliant!" So every time you run, climb, bounce or skip you're showing you believe in yourself.

Remember

You don't have to be the best. You just have to try your best – one step at a time!

One Final Thought

Being active isn't about winning races or being the fastest. It's about having fun, feeling good and taking care of yourself. So, this holiday get out and about, move a little and let your happiness shine as bright as you do.

ENJOY YOUR CHRISTMAS BREAK

