



**Tithe Farm Primary
Wellbeing Newsletter
Spring 2023**



Happy New Year

We hope you all had a lovely Christmas and managed to spend some quality family time together. It was wonderful to welcome you all back at the start of September.

Key Dates:

Time to talk	2 nd February
Children's mental health awareness week	6 th -12 th February
Eating disorder awareness week	27 th – 5 th March
Young Carers Day	15 th March
World Sleep day	17 th March
International Day of Happiness	20 th March

5 ways to Wellbeing

Activities to try at home for young people

BE ACTIVE Use your favourite songs and dance around for 10 minutes each day. Taking the dog gives a whole body workout. Try your own exercise routines online or use Workbooks worksheets or film on the YouTube channel.	TAKE NOTICE Be aware of your surroundings. Look out the window or go for a walk and really take notice of the area you live. What do you notice you haven't seen before?
CONNECT Find out something new about as many people as you can. Even if you have been here forever! Make a list and see who has the most interesting fact.	GIVE Help out where you can. Offer to help neighbours, walk the dog, send a note to someone that might need it or help up your community to make it a pleasant place to be.
KEEP LEARNING	Try making a meal using store cupboard ingredients. Learn a new language using online platforms. Play board games that involve general knowledge.

Children's Mental Health Week

As we all know, caring for a child or young person can be tough, even more so during these challenging times. However, you do not have to go through this alone and there is a lot of support available.

Why not join us for coffee and cake in school, for advice, signposting or just for a chat. A professional from the Mental Health School team will be attending.

Drop in for coffee and cake on 9th February and 2.30pm – 3.30pm.



Relaxation Activity: Grounding Techniques

Stay Grounded Using Your 5 Senses

Relax Your Body, Take a Few Deep Breaths and Focus on the Following...

- 5** Things You Can See
- 4** Things You Can Feel
- 3** Things You Can Hear
- 2** Things You Can Smell
- 1** Thing You Can Taste

© 2017 The Happiness Project





YOUTH MENTAL HEALTH DAY

Mental Health Apps for Young People


Calm


Mindshift


Smiling Mind


Stop Breathe Think


My Possible Self


Calm Harm


SAM


Think Ninja


Combined Minds


Clear Fear


Chill Panda


Headspace

☎ 01642 352747 (option 2)
✉ cypfamilies@alliancepsychology.com

