



Mental Wealth, Young Minds Spring Mental Health Focus at Gig Mill



5 Ways to Wellbeing

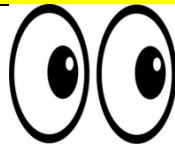
During the Spring 1 term, the children will be focusing on 'Give' and during Spring 2 the focus will be 'Take Notice'. There will also be a focused week beginning Monday 9th March on children looking after their own mental health.

GIVE



Give to others – even the smallest act can count whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

TAKE NOTICE



Savour the moment, whether you are walking, eating or talking to friends. Be aware of the world around you and what you are feeling. Be curious, catch sight of the beautiful and notice the changing seasons.

Happy Homework Hour Friday 7th February 2020

There will be no formal homework on this weekend. We would like the children and families to do something to support your wellbeing linked to the focus of 'Give'. We look forward to the children sharing what they enjoyed doing for their happy homework hour.

Sport Relief Mile Friday 13th March



Sport Relief Mile will encompass the 'Give' and 'Take notice' focus for Spring term as part of our 5 ways to well-being. As in previous years, parents and carers will be invited to join in a mile long walk/run around the school grounds - raising money for Sport Relief. More information and sponsorship forms will be sent out soon.

Ways to give:

- Smile and be willing to give your time to a conversation
- Check up on a friend
- Say thank you to someone who has helped you
- Give unwanted items to a local charity shop
- Donate your time to do something for someone else
- Offer to help your parents or people you live with round the house
- Bake a cake and give it to someone
- Do some volunteering
- Give some food to a food bank
- Raise money for charity
- Help an elderly neighbour
- Be a good role model
- Learn how to put someone in the Recovery Position
- Take action to improve your area e.g. pick up litter in the park

Ways to take notice:

- Stop and really take in your surroundings
- Reflect on the positives, what you can be grateful for – there is always something
- Take notice of what you are thinking. Not to judge or be hard on yourself, but just to be more aware of what you are thinking
- Really savour every mouthful of your lunch, noticing the texture, flavour, how the food feels, tastes
- Consider your strengths and how you make the most of them
- Think about who inspires you and why
- Notice your neighbours and people around you
- Notice wild flowers and where they grow
- Watch animals and birds outside
- Think about what your families and friends do for you
- Pretend you are someone else and reflect on what they would think about you
- Try a new food and then notice how different it tastes and feels