**Hope Brook Primary School**

**Well-being**

**Hello everyone!**

**I know these are strange times at the moment and I hope that you are all well and safe and settling into a new way of learning at home.**

**The purpose of this part of the website is to offer some ideas and suggestions for activities linked to well-being and being mindful of your mental health which is really important during the challenging circumstances that we find ourselves in. There is no obligation for you to complete any of these tasks but we thought you might like to share them with your child.**

**Should you have any concerns about your child’s mental health/well-being, please feel free to contact me via email between 9am and 5pm Monday to Friday on sjames@hopebrook.gloucs.sch.uk.**

Hope Brook School’s …

…five ways to well-being

*The 5 ways to well-being make you feel happier!*

Give

\* Your time

\* Your words

\* Your presence

Connect

* Talk and listen
* Be there
* Feel connected

Take Notice

Remember the simple things that give you joy

Keep Learning

\*Embrace new experiences

\*See opportunities

\*Surprise yourself.

Be Active

\*Do what you can

\*Enjoy what you do

\*Move your mood.

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| Connect  \*Talk and listen  \*Be there  \*Feel connected | Give  \* Your time  \* Your words  \* Your presence | Be Active  \*Do what you can  \*Enjoy what you do  \*Move your mood. | Take Notice  \*Remember the simple things that give you joy | Keep Learning  \*Embrace new experiences  \*See opportunities  \*Surprise yourself. |
| At this time more than ever it is important to stay connected. Make the most of technology to stay in touch with friends and family. Ask your parents to arrange a video-chat using an app like Skype or FaceTime. These are useful, especially if you live far apart. However, just calling someone and hearing their voice helps. Simply talking about how you feel can make a big difference. It is a great stress reliever.  Take time to talk to your brothers and sisters too. They may annoy you sometimes but they have feelings too. Why not brighten their day? Let them choose an activity that you do with them. | Although it’s important to follow social distancing guidelines there are still ways you can give:   * saying thank you to someone for something they have done for you – drawing a picture of a rainbow to thank Key Workers is a great way or saying thank you to your parents/carers for helping you with your online learning. * write a letter to your grandparents or another member of your family telling them about what you have been doing. Remember, they’re finding it hard too. * offering to help your parents/carers with a DIY project or house hold chores. Simply helping to hang the washing out or laying the table ready for dinner can really help parents/carers. | Guidance says that everyone is able to go out each day for a walk, cycle or run.  Why not set up a simple obstacle course in your garden? Or you could set yourself another challenge, such as how many hops can you do in a minute or how many times can you tap a ball into the air using a bat.  You could set yourself the challenge of finding out how fast you can walk up to Hobbs’ Quarry with a parent/carer. | Being aware of the world around you and what you’re feeling. Take some time each day to talk about how everyone is feeling and to connect with one another. Also, when going outside for your daily exercise, take a few moments to notice the feelings of fresh air and sunshine on your face. Listen to the sounds around you. What do you notice?  A lot of you have been doing ‘Mindfulness’ in class so why not show your parents how they can enjoy it too. A link is given below: | Learning something new or improving a skill you already have is great for giving a sense of achievement. As a family you could talk about the things you enjoy doing and what you can teach each other. Your teachers have given you access to lots of online learning programs – make the most of them! Learn something new. Send a photograph in to [admin@hopebrook.gloucs.sch.uk](mailto:admin@hopebrook.gloucs.sch.uk) so that we can see what you’ve been up to. You can show the teachers that you have been learning something new. |

Mindfulness: <https://family.gonoodle.com/activities/from-mindless-to-mindful>