



# Grove Park Primary

## Wellbeing News Letter – Term 3

**2022** Happy New Year! Wishing all of our parents and children a Happy New Year. We hope that 2022 is a year full of kindness and happiness. Please remember that we are always available if you need support with mental health or wellbeing.

This month's theme is 'Happier January'. The last year has not been easy, and we are still in difficult and uncertain times. The best way to handle different emotions and experiences is to focus on what we can control. In January we are encouraging everyone to focus on small steps to boost happiness.

**Happier January 2022**

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	7 Learn something new and share it with others
8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today
15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone
22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently
29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future				

**ACTION FOR HAPPINESS**      **Happier · Kinder · Together**

## January Blues ☹️

Let us beat those January Blues!!

January can often be a very difficult month for many adults and children.....Christmas is over, the weather is really cold with winter still stretching out ahead of us, and we still have those long nights. Lots of the things we like to do to cheer ourselves up such as walks in the countryside, outdoor exercising, playing in the park, and enjoying the sunshine are much harder to achieve. However, there are ways in which we can help beat those January Blues.

**4 TIPS TO BEAT THE WINTER BLUES**

**BE ACTIVE**  
ACTIVITY KEEPS OUR SYSTEMS AND HORMONES MOVING IN THE RIGHT DIRECTION, CRUCIAL FOR BOTH PHYSICAL AND MENTAL HEALTH. R3BILT OFFERS A UNIQUE STRENGTH TRAINING PROGRAM ALONG WITH MOBILITY & TRAMPOLINES!

**FIND THE LIGHT**  
NOT AS EASY TO DO IN THE WINTER MONTHS, BUT R3BILT HAS A VARIETY OF LIGHT THERAPIES THAT CAN HELP REDUCE INFLAMMATION & PROMOTE SKIN PURIFICATIONS & COLLAGEN PRODUCTION!

**STAY HYDRATED**  
WATER FUELS VITAL ORGANS INCLUDING THE BRAIN TO ENHANCE FUNCTION. WATER ALSO HELPS ABSORB NUTRIENTS AND FLUSH TOXINS.

**FEEL CONNECTED**  
PUT DOWN THE DEVICES AND SEEK OUT HUMANS. HUMAN CONNECTION HAS PROFOUND BENEFITS TO OUR HEALTH AND OVERALL WELLNESS.

**R3BILT FITNESS**



### Message in a Bottle (with a twist)

What are you most looking forward to this year? As a family or on your own write down 2 or 3 (or more) things that you are looking forward to in 2022.

Then.....roll them up and put them in a bottle. You can then check these at the end of the year. Its always good to have things to look forward to and to have dreams!

### Things to say to an 'Anxious Child'

I am here for you

You are safe

Do you want to do some dancing or running around to get rid of that nervous energy?

Tell me about it

What would you like to say to your worry? What would your worry say back?

Let us draw your worry?

What does it feel like in yor body?

Where is your worry? How big is it?

Match your breath to mine

