

Wellbeing

HAPPY YOU. Healthy YOU.

Keeping Thurlstone Minds Happy!

Edition 1

FEEL GOOD FUN!

For ANGRY minds - SCRIBBLE!

Rather than shouting or crying, try
SCRIBBLING!

Scratch, scrawl and SCRIBBLE until your anger subsides and you feel calmer. Make sure you don't scribble on anything important though! Whenever you feel angry, get a piece of paper and scribble all over it - then scrunch it up and throw it away!

I will try this out next time I feel angry and will tell you if it works in the next edition of

HAPPY YOU. Healthy YOU.

By Heidi Brandon.

The Peaceful Poetry Place...

For weeks
It struggled
Through the hard crust
Of the spring earth
And a foot
Of air.

Just to be
Scorched
By the sun,
Jolted
By raindrops
Blasted
By the wind

The Yellow Tulip

by

George Swede

Chosen by
Eliza Smith

But on this gentle
May morning
As it opens
Yellow petals
To the sky.
Nothing else matters.

FEELINGS FOCUS! Emotion of the Week... *ANGER!*

When you are feeling ANGRY you often feel horrible and you may want to bash something even though this isn't a very good idea! If you feel like bashing or attacking a pillow, don't do it too hard! Instead you could:

- * Draw lots of clouds to float your anger away.
- * Go for a walk with an adult.
- * Count down from 100 (without falling asleep!)
- * Write down why you're angry and tear it up!

Remember to talk to an adult or friend if you need any extra help!

IN OUR NEXT EDITION WE WILL BE LOOKING AT WORRY! By Sophie Vickers



BRAINY STUFF!

Did you know...?

It's important to knowthat our brain is the organ inside our heads that controls everything in our bodies, such as making our mouths move and our hearts pumping. A brain is a solid organ and looks a bit like a sponge. Although we do all our thinking with our brains, you can't see (what we call) our 'minds'. Our minds are made up of thoughts, imagination and beliefs which are not solid things at all.

It's also important to know.... that when we feel a bit sad, low or even angry, exercise can help up feel so much better, especially if it is outside in a park, a woods or anywhere in the countryside surrounded by fresh air and nature.

If our body is healthy, our brain is likely to be healthier too, so the more we exercise and stay active, the healthier our brain and mind will be!

By Owen Moxen.

Be with the best people



The best people will bring out
the best in you.

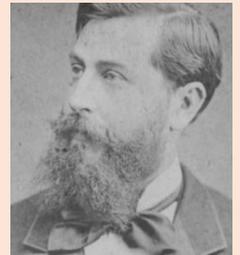
Positive, friendly & supportive people
will give you energy & strength.

Music for Mindfulness... By Evie Owen



Music is so important to our health and wellbeing. Classical music like this The Flower Duet by the composer Leo Delibes is so relaxing and one of my great grandmas favourites. You can listen to it to calm down or even when you're just doing homework!

<https://www.youtube.com/watch?v=sMVFXfoaS3w>



Spotlight on You by Rosie Kaye

Do you need ideas to help you calm down? I interviewed two people from school to find out what they do - Mr Peace Y6 teacher and Eliza Smith Y6 pupil.

Q: Mr Peace - do you have any wellbeing tips?

A: Get lots of sleep, drink lots of water, do things you enjoy after school, get fresh air... and laugh every day!

Q: If you are angry, what do you do?

A: I pause, close my eyes, take deep breaths and count to 10.

Q: Too much stress isn't good, what do you do to reduce it?

A: I listen to music, play football with Noah, write down what is stressing me and talk to Mrs Peace because talking to someone you love always helps.

Q: Eliza - do you have any wellbeing tips?

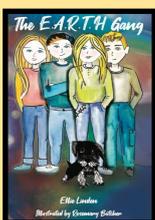
A: A problem shared is a problem halved! Talk to a trusted person.

Q: If you are angry, what do you do?

A: I write down my worry and rip it up. I do it because it takes the anger out onto the paper.

Q: Too much stress isn't good, what do you do to reduce it?

A: I take a minute out and take some deep breaths. It usually works.



Reading for Relaxation... by Amy Saccomando

My recommendations for relaxation are: **Earth Gang** by Ellie Lindon (for KS2) and **Sugarlump the Unicorn** by Julia Donaldson (for KS1).

Earth Gang is an awesome book about four children who want to save the world from climate change. The other book is about a rocking horse called Sugarlump who gets left out. Both stories help to focus the mind and make you feel good!

