



Darell Primary School

Wellbeing Newsletter January 2023



Happy New Year to all our Darell families!

Each new year offers and exciting opportunity for a fresh start and new beginnings. No matter what your goals are for the coming year or how many resolutions you plan on making for 2023, ringing in the start of a new year is a moment to acknowledge. One, to celebrate all of your experiences and achievements from 2022 and two, to welcome the new year ahead.

We wish you all a happy and healthy year ahead - mind, body and soul.



Parents' Toolkit: Wellbeing

Check out BBC Bitesize for their wellbeing tips designed for parents to help you support a healthy, happy childhood – with advice on food, sleep, mindfulness, as well as ways to look after you and your child's mental health.

<https://www.bbc.co.uk/bitesize/articles/z63ht rd>

Self-Kindness.

Make 2023 the year that you are kinder to yourself. Being kind to others often comes naturally but being kind to ourselves may not. So, with that in mind, here are 10 ways to show yourself some kindness – this week and beyond.

- 1) Talk kindly to yourself.
- 2) Practise gratitude.
- 3) Perform acts of kindness to others.
- 4) Reflect daily.
- 5) Self-care.
- 6) Be responsible for yourself.
- 7) Invest in your interests.
- 8) Practise mindfulness.
- 9) Spend time in or around nature.
- 10) Think of the opportunities.

Positive Thinking:

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!

Action for happiness calendar:

Happier January

