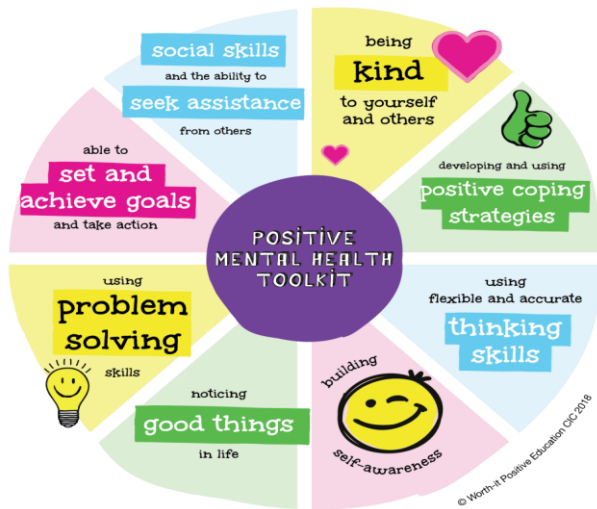




Darell Primary School

Wellbeing Newsletter April 2024



This wellbeing activity has become increasingly popular in recent years, and it can really help kids build self-esteem, confidence, and self-assurance. Practising words of affirmation can truly transform your child's emotional wellbeing, as it provides useful reminders of who they are and aspire to be. Words of affirmation can include:

I am strong.

I am valued.

I am loved.

I'm going to have a good day at school.

I learn from my mistakes.

Clear room, clear mind!

When our environment is cluttered and unorganized, it can often impact how we feel mentally. Therefore, it's important to encourage your child to look after their personal space, such as where they choose to study and play, as their surroundings will most definitely influence their mental health!

Try out some Yoga with some fun animal poses

Yoga is a great form of exercise, as it encourages movement, stretching, relaxation and mindfulness. Many yoga poses are based on animals, and we find that this gets young children excited to try this low impact physical activity. Some yoga poses to try include:

Cat/cow 🐱 🐮

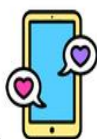
Downward-facing dog 🐕

Cobra 🐍

Self-Care & Mental Health



Tips for Kids



Share your own feelings to encourage self-awareness.

Set aside time for low stress or solo activities.

Find social groups that help them feel like they belong.

Recognize toxic stress events.



Encourage journaling and writing.



Focus on articulating feelings.

"I am angry."
"I am sad."

Practice self-care for yourself to set the standard.



Encourage them to focus on the moment.



Establish a self-care routine.

Cultivate interests and hobbies.

Blessing Manifesting

And breathe...
Start the day with a 30 second breath bubble.

Listen to your favourite song
Find your go-to song or piece of music and enjoy every beat!

Self-care challenge
Take the time to put your wellbeing first and create a self-care checklist.

What makes you sparkle?
Write a list of the things that bring a smile to your face.

How you feel matters

Declutter your clutter
Take the time to declutter and make way for more headspace.

Paint the classroom
Use a big sheet of paper and share as many ideas, drawings and phrases around what matters to you.

Pick an activity to join the #HelloYellow fun and show your support for each other's mental health.

#HelloYellow

Slow down
Make your very own stress ball for those moments you feel worried.