



Darell Primary School



Wellbeing Newsletter October 2025

World mental health day- Thursday 10th October 2025

The theme for 2025 is 'Mental health is a universal human right'. World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.



October Wellbeing ideas:

Share a photo of a tree with changing colours. You could show it to friends, family members or neighbours.

Reflect on this year's spring and summer. What did you enjoy most in nature? Which was your favourite month and why? Did you grow anything new this year? You could write down your thoughts, or just spend some quiet time thinking about it.

Make a hedgehog house. David Domoney has a helpful [guide on his website](#).

Search for sweet chestnuts and conkers. Sweet chestnuts are found on [sweet chestnut trees](#) and conkers on [horse chestnut trees](#). You could encourage a friend or family member to do this activity with you!

Go for a walk and notice changing colours. This could be in your own garden, a park, open garden, or simply around the local area. This could be another good activity to do together with someone else.

Have an autumn treasure hunt. Create a list of possible autumn sights and head out with others to see who can find the most. Find [ideas for what to include here](#).



hello fall



Some fun activities to do whilst on half term!

Play wildlife bingo. Head into your garden or other outdoor space with a friend or family member and get nature spotting. We have [printable sheets you can use here](#).

Gather leaves to make leaf mould. Gather the leaves from your garden into neat piles, ready to create leaf mould.

Create leaf mould. Use the leaves you gathered to start your leaf mould. You could shred them, or place into bags. Our [guide to creating leaf mould](#) has more advice to help you.

Build a bug hotel. A home for insects can be a simple stack of logs, or something more complex if you have time and energy. Read our [guide to making a simple bug hotel](#) for inspiration.