



# Darell Primary School



## Wellbeing Newsletter January 2026

### Happy New Year to all our Darell families!

Each new year offers an 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 2026, bringing in the start of a new year is a moment to acknowledge. One, to celebrate all of your experiences and achievements from 2025 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 anxiety, after school 'meltdowns', as well as ways to look after you and your child's mental health.

<https://www.bbc.co.uk/bitesize/groups/cw9v6l8d0q6t>

### Self-Kindness.

Make 2026 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 can do:

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

The calendar grid contains 31 daily activities:

- 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

At the bottom of the calendar, it says: ACTION FOR HAPPINESS Happier · Kinder · Together