



Darell Primary School

Wellbeing Newsletter March 2026



Nutrition and hydration week, 10th – 16th March



Nutrition and hydration week aims to highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally. Its purpose is to bring people together to create energy, focus and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing.

The "Spring to Life" Nature Challenge 🌱

The Goal: To practice "Taking Notice" (Mindfulness) by using the changing season.

- **Window Watch:** Sit by a window for 2 minutes. Can you find 3 signs that spring has arrived? (Look for buds on trees, birds building nests, or a change in the colour of the sky).
- **The "Green" Scavenger Hunt:** When you go for a walk, try to find 5 different shades of green in nature. Is it a "lime" leaf? A "forest" moss? A "minty" blade of grass?
- **Pebble Painting:** Find a smooth stone. Paint it with a bright colour or a kind word (like *Hope, Kind, Brave*) and leave it somewhere in your local park for someone else to find.

Recharging Your "Internal Battery" 📱

The Goal: To help children understand self-regulation and energy levels.

- **The Battery Check-In:** Ask your child: "Is your battery on *Green* (full of energy), *Amber* (getting tired), or *Red* (need a rest)?"
- **The 5-Minute Power-Up:** If they are on "Red," try a "**Cocoon Rest.**" Wrap up in a blanket like a caterpillar, turn off the lights, and listen to one calm song without talking.
- **The 5-Minute Power-Down:** If they have too much "fidgety" energy, try "**Popcorn Jumps.**" Jump as high as you can for 30 seconds, then stand perfectly still like a statue for 30 seconds. Repeat three times.

Mindful March 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1. Set an intention to live with awareness and kindness	2. Notice three things you find beautiful in the outside world	3. Start today by appreciating your body and that you're alive	4. Notice how you speak to yourself and choose to use kind words	5. Bring to mind people you care about and send love to them	6. If you find yourself rushing, make an effort to slow down	7. Take three calm breaths at regular intervals during your day
8. Eat mindfully. Appreciate the taste, texture and smell of your food	9. Take a full breath in and out before you reply to others	10. Get outside and notice how the weather feels on your face	11. Stay fully present while drinking your cup of tea or coffee	12. Listen deeply to someone and really hear what they are saying	13. Pause to watch the sky or clouds for a few minutes today	14. Find ways to enjoy any chores or tasks that you do
15. Stop, breathe. Notice. Repeat regularly	16. Get really absorbed with an interesting or creative activity	17. Look around and spot three things you find unusual or pleasant	18. Have a 'no plans' day and notice how that feels	19. Cultivate a feeling of loving-kindness towards others today	20. Focus on what makes you and others happy today	21. Listen to a piece of music without doing anything else
22. Notice something that is going well, even if today feels difficult	23. Tune into your feelings, without judging or trying to change them	24. Appreciate your hands and all the things they enable you to do	25. Focus your attention on the good things you take for granted	26. Choose to spend less time looking at screens today	27. Appreciate nature around you, wherever you are	28. Notice when you're tired and take a break as soon as possible
29. Choose a different route today and see what you notice	30. Mentally scan your body and notice what it is feeling	31. Discover the joy in the simple things of life				

ACTION FOR HAPPINESS Happier · Kinder · Together

ACTS OF KINDNESS

The "Square Breath" (Try it together!)

The Goal: A simple tool to use when feelings feel "too big."

"Imagine you are drawing a square in the air with your finger. Follow the square as you breathe:"

1. **Up the side:** Breathe in for 4 seconds.
2. **Across the top:** Hold your breath for 4 seconds.
3. **Down the side:** Breathe out for 4 seconds.
4. **Across the bottom:** Rest for 4 seconds.

