



Darell Primary School

Wellbeing Newsletter May 2026



Emotional Regulation & Mindfulness:

The "Worry Rocket": Have the child write or draw a worry on a piece of paper, fold it into a paper airplane (or attach it to a toy rocket), and "launch" it away. This externalizes the worry, making it feel less personal and overwhelming.

Family ideas: **The "Rose, Thorn, and Bud" Dinner:** Each family member shares:

- **Rose:** The best part of their day.
- **Thorn:** Something that was challenging or disappointing.
- **Bud:** Something they are looking forward to tomorrow.



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Active Exploration

The "Green Hour": Commit to one hour outside every day, regardless of the weather. In 2026, we call this "Vitamin G" (Greenery). It helps regulate circadian rhythms, leading to better sleep for the whole family.

Pollinator Patrol: Grab a magnifying glass and look for bees and butterflies. This shifts the focus from "self" to "stewardship," fostering a sense of purpose and connection to the planet.

Shadow Drawing: On a sunny Spring afternoon, place paper on the ground and trace the shadows of plants, trees, or even each other. It's a great way to observe the movement of the sun.



Feely leaves

Anxiety can be very physical for some children, it can make you a lot more fidgety than in a relaxed state. Moving those anxieties from your body onto something else can often be a very physical representation to help children have a method to help them relax. Again it is a simple one! Ask the children to find some leaves and find a spot somewhere in your grounds they feel comfortable. Then, ask the children to feel the leaves rub them between their hands, tear them up, and play with them. Be sure to get fallen leaves on the floor. Do any of the children feel better for doing this? If the children feel ready, gather them up and discuss anxiety or what it is like to feel anxious, how we can calm ourselves with objects such as feely leaves? Who should we tell when we feel like this?

