



Darell Primary School

Wellbeing Newsletter June 2026



JOYFUL JUNE

Eat the Rainbow (Summer Nutrition)

DIY Fruit Ice Lollies: A super simple recipe using blended June berries, yogurt, or coconut water. It keeps them hydrated without the sugar crash.

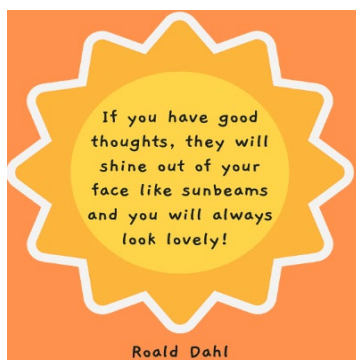


Can your child "eat the rainbow" this week?

The Rainbow Tracker: A printable grid where children color in a square every time they eat a fruit or vegetable matching that color.

Stick Journey Wands: Find a sturdy stick on a walk. As you continue your walk, find interesting fallen items—like a bright feather, an interesting leaf, or a piece of long grass—and tie them to the stick using colorful yarn or rubber bands. By the end of the walk, the wand tells the story of the journey.

The Colour Match Challenge: Hand each child a few different colored paint swatches from a hardware store (or draw colored circles on a sheet of paper). Challenge them to find something in nature that exactly matches each shade—like the specific green of a leaf or the gray of a stone.



Roald Dahl

Wild and Well:

The 5-4-3-2-1 Grounding Game: A kid-friendly mindfulness exercise for the garden or park. Ask them to find 5 things they can see, 4 they can touch, 3 they can hear, 2 they can smell, and 1 they can taste (like fresh air!).

Bumblebee Breaths: Teach them to inhale deeply, plug their ears gently with their fingers, and hum softly like a bee as they exhale to soothe the nervous system.

With longer evenings, June is the ultimate time to build physical literacy through games rather than structured "exercise."

Retro Playground Games: Reintroduce classics like Hopscotch, What's the Time Mr. Wolf? or Elastics (French Skipping). They build balance, coordination, and social skills.

Cloud Spotting Yoga: Lie on the grass, look at the shapes in the clouds, and try to recreate those shapes (like a tree, a cat, or a dog) with simple yoga poses.

Joyful June 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Decide to look for what's good every day this month	2. Say positive things in your conversations with others	3. No-frills a worry and try to find a helpful way to think about it	4. Take a photo of something that brings you joy and share it	5. Think of 3 things you're grateful for and write them down	6. Get out into green space and feel the joy that nature brings	7. Do something healthy which makes you feel good
8. Find joy in music: sing, play, dance, listen or share	9. Ask a friend what made them happy recently	10. Bring joy to others by doing something kind for them	11. Eat good food that makes you happy and really savour it	12. Write a gratitude letter to thank someone	13. Take a light-hearted approach. Choose to see the funny side	14. Share a happy memory with someone who means a lot to you
15. Look for something to be thankful for where you least expect it	16. Speak to others in a warm and friendly way	17. Take time to notice things that you find beautiful	18. Look for something good in a difficult situation	19. Get outside and find the joy in being active	20. Rediscover and enjoy a fun childhood activity	21. Send a positive note to a friend who needs encouragement
22. Watch something funny and enjoy how it feels to laugh	23. Create a playlist of uplifting songs to listen to	24. Bring to mind a favourite memory you feel grateful for	25. Show your appreciation to people who are helping others	26. Make time to do something playful just for the fun of it	27. Be kind to you. Do something that brings you joy	28. Notice how positive emotions are contagious between people
29. Share a friendly smile with people you see today	30. Make a list of the joys in your life (and keep adding to it)					

ACTION FOR HAPPINESS **Happier · Kinder · Together**