



Wouldham All Saints Primary School Wellbeing Newsletter

January 2022



Each new year offers an exciting opportunity for a fresh start and new beginnings.

No matter what your goals for the year ahead or resolutions that you may or may not be making, ringing in the new year is a moment to acknowledge. A time to celebrate your experiences and achievements from 2021, despite the challenges we have faced, and a time to welcome the year ahead.

We wish you all a happy and healthy year ahead.

The ZONES of Regulation®

There are times when we all struggle with our feelings, perhaps we might feel frustrated but we have the strategies to regulate ourselves to avoid losing our temper.

In school to help our children with emotion wellbeing and regulating their feelings, we use the Zones of Regulation. The Zones are designed to help children recognise how they are feeling (what zone they are in) as well as learn how to use strategies to change, or stay in the zone, they are in.

The feelings are categorised into four easy to follow zones and we use the characters from Inside out to help represent them. It is important to know that it is ok to have any of the feelings in these zones but to know how to 'get back to green':

We will be sharing some more support for you to use this tool and understand each zone at home, why not ask your children about it...

BLUE	GREEN	YELLOW	RED
I AM: Flat Slow Sleepy Bored Moving slowly	I AM: Good to Go! Happy Calm Focused Ready to Learn!	I AM: Frustrated Worried Scared Billy Exhausted	I AM: Scary Mean Out of Control Fading
I CAN TRY: Getting a drink Using in a friend Taking a break	I CAN TRY: Helping a friend Being a leader Be a leader	I CAN TRY: Getting a drink Eating a snack Chalking	I CAN TRY: Breathing strategies Counting to 10 Squeezing a ball

Last term we had a wonderful week celebrating kindness during anti-bullying week.

Children took part in a range of activities that encouraged celebrating our differences and spreading kindness across the school.



Look ahead:

8th Feb – Safer Internet Day

7th – 13th Feb – Children's Mental Health Week Theme:
Growing Together

Finally...

Don't forget to have a look at the attached Action for Happiness calendar for: Happier January.

Why not have a go at some with your child, focus on small steps to boost happiness and spread kindness.



You are more likely to stay eating healthier if you have a treat during the week. Remember to also include Vitamin D into your diet to boost your mood.



Reading has many health benefits. So why not making reading a necessity not just a luxury!



Do something new, perhaps get creative? Paint, draw, write or begin a new hobby.

How to Beat the January Blues!



Why not take a walk and take notice of your surroundings? This not only has great physical health benefits but mental health benefits too!



One great way to improve wellbeing and mood is exercise. Exercise doesn't have to mean going to the gym, it could be a nice bike ride, or taking part in some yoga or pilates.



Take time out for you! Even if it's 10 minutes, just take the time to have a rest and enjoy your cuppa.



Happier January 2022

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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



ACTION FOR HAPPINESS

Happier · Kinder · Together