



Summer 1 2024



Stress Awareness Month- April
World Health Day- 7th April
Mental Health Awareness Week-13th-19th May
World Meditation Day - 21st May



Protective Behaviours

Theme 1—We all have the right to feel safe all of the time.

Is my fun, fun for everyone?



Theme 2—We can talk with someone about anything, even if it feels awful or small. Review your home networks. What can you do if you feel unsafe?

Support Networks

My Helping Hand



During Spring term all children will be learning about **Rights and Respect** in their PSHE lessons.

In this unit, we will explore broader topics of including looking after the environment, economic education and the changing rights and responsibilities children have as they grow older

Take a look at the following links for more information and ideas to do at home...

<https://www.coramlifeeducation.org.uk/family-scarf/sarf-at-home/rights-and-responsibilities-3-5-years>

<https://www.coramlifeeducation.org.uk/family-scarf/sarf-at-home/rights-and-responsibilities-5-7-years>

<https://www.coramlifeeducation.org.uk/family-scarf/sarf-at-home/rights-and-responsibilities-7-9-years>



Stress Awareness Month



Sometimes you might worry about things. They might be big things or small things. It can make you feel anxious and scared. Next time you are worried, question your thoughts.

Write down what you think WILL happen. Then step back and think about whether this is true. What MIGHT actually happen, write that down. Then come back later and write down what actually happened. Quite often our worries are just that—thoughts that don't come true.

Book Recommendation

The Huge Bag of Worries by Virginia Ironside

A reassuring picture book that encourages children to open up about their fears and anxieties to help manage their feelings. The perfect book to soothe worries during stressful times. Available through Amazon



Don't Forget Action for Happiness Calendar:
Active April and Mindful March

"Being active every day makes it easier to hear that inner voice." Haruki Murakami

