



Wellbeing Email 10

Dear Badgemore children,

Can you believe it has been over 12 weeks since school shut?! Some of you will be back at school and some of you will still be at home... it's all very strange! Some of you may be missing your friends from school and some of you may be feeling very tired after being at school again. I am back in school in the next week too, so sadly, this will be the last wellbeing email! I hope to see you all again around school very soon.

Here are some final ideas to help you feel happy and connected to others.

Start a kindness boomerang by doing a kind deed for others.

As I've said before, doing something kind for someone else makes us feel good about ourselves and helps others to feel good too. I've added some ideas below of kind acts that you can do for others.

I found this great video showing a 'Kindness boomerang'... see where the kind acts end up!



https://www.youtube.com/watch?v=nwAYpLVyeFU&list=RDnwAYpLVyeFU&start_radio=1



Daily Kind Acts



- Tell someone how much you love them.
- Help make dinner.
- Feed the birds.
- Leave a happy note somewhere for someone to find.
- Teach someone something new.
- Give someone a hug to show how much you care.
- Smile at everybody.
- Make a get-well card for someone.
- Tidy your bedroom without being asked.
- Give someone a compliment.
- Write a list of things you are grateful for.
- Make someone else's bed (as well as your own).
- Pick up some litter.
- Tell someone three things you love about them.
- Do something nice for a neighbour.
- Drink lots of water. It's much easier to be kind when you feel healthy and energetic.
- Write and send a letter to someone.
- Complain less (or not at all)!
- Leave something on the doorstep for a next-door neighbour.
- Make a positivity poster.
- Remember to say please and thank you.
- Use less energy to be kind to our planet.
- Draw a picture for a friend, neighbour or family member.
- Tell a joke, watch a silly video or do something that makes you and others laugh!
- Recycle paper. Try to be as inventive and creative as you can with it!
- Share something you love with a friend or family member.
- Say good morning and goodnight to everyone in your household.
- Hide little messages around the house for others to find.
- Offer to help a family member with something.
- Practice self-kindness by doing something you enjoy.



Practise your calming breathing

There are lots of good things about practising calming breaths. Once you learn how to take calming breaths, it can help you in lots of places; at home if upset, at school, when trying to get to sleep or if you're feeling upset or angry. Here are another couple of things you can imagine that help you to practice deep breathing.

Sit on the floor in a comfortable position. Close your eyes and take some slow, deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out, slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way to your fingers and toes. Slowly, stretch your arms overhead and your legs and feet out in front of you. Take a deep breath in and bend over towards your feet. Exhale slowly and sit back up. Take one more deep breath in and out and then slowly open your eyes.



Lie back gently on the floor, with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that the movement of your stomach is waves in the ocean and your hands are a sailing boat. Each time you breathe in, the sailing boat goes up on the waves and each time you breathe out, the sailing boat goes down on the waves. Repeat.



Have a Family Movie Night

Get your popcorn ready and spend time with your family watching a movie. Even though we are all at home together often we are still very busy! Choose a time (and a movie) where you can all laugh or cry together with a family classic.

Here are some ideas if you are stuck for choice.

<https://www.timeout.com/new-york-kids/things-to-do/films-for-families-the-top-50-movies-to-watch-as-a-family>

If you can't decide what to watch, try writing your choice on a piece of paper and pulling it out of a hat!



Play a pen and paper game

It is good to connect with others, how about trying the classic game Battleship? You could play this with someone at home or you could play this virtually with a friend from school too!

BATTLESHIP

My Ships

A										
B										
C										
D										
E										
F										
G										
H										
I										
J										
	1	2	3	4	5	6	7	8	9	10

Each player places 5 ships on the top grid, either horizontally or vertically. Use the following letters to represent each ship:

Aircraft Carrier - AAAAA
Battleship - BBBB
Cruiser - CCC
Submarine - SSS
Destroyer - DD

Directions:
The players take turn calling out a spot on the grid using the letter and number, such as A5. The other player says hit if they have a boat on that spot, or miss if they do not. Each player should keep track of their guess by writing either a H for a hit or a M for a miss on the grid labeled 'Opponents Ships'. They should also keep track of their opponents guesses. If a player guesses correctly for all the squares for a certain ship, that ship is considered 'sunk'. When a players' has a ship sunk they must report it by saying "You sunk my (aircraft carrier, battleship, ect). The first player that sinks all the ships of their opponent wins.

Opponents Ships

A										
B										
C										
D										
E										
F										
G										
H										
I										
J										
	1	2	3	4	5	6	7	8	9	10

Or another fun game is **Scattergories**

This game needs a list of categories (see below) and then a way of randomly choosing a letter of the alphabet (you could try www.randomwordgenerator.com on a phone, write out the letters of the alphabet and put them in a hat.

1. Get into teams, although you can play with just two of you.
2. Randomly choose a number and see what the category is next to that number (below). Tip - you can ask 'Siri' or 'Alexa' for a random number!
3. Randomly choose a letter of the alphabet.
4. Time one minute, you have this long to write down (or draw) as many things beginning with that letter from the category.
5. Make a note of your score and play again.
6. After 5 categories, how many points did you get altogether?!

Here are more instructions on how to play and some categories for your game.

<https://www.wikihow.com/Play-Scattergories>

1. Fruits
2. Toys
3. Household Chores
4. Authors
5. Things that are round
6. Mythological creatures
7. Dances
8. Vehicles
9. Things found at school
10. Famous children
11. Breeds of dogs
12. Things made of metal
13. Hobbies
14. Persons in uniform
15. Things you plug in
16. Animals
17. Things you can find in supermarkets
18. Things made of paper
19. Things you can wear
20. Holiday locations
21. Artists
22. Songs
23. Things that are sticky
24. Celebrities
25. Reptiles/Amphibians
26. Mountains
27. Things that fasten
28. Things that you read
29. Foreign cities
30. Excuses for being late

Have fun!!

Lastly...

Colour a special message (for Father's day or for someone else you love!)

Choose one of the colouring sheets below, do some calming colouring and send a lovely message, it's sure to make someone smile... which will make you feel good too!



Think
You're
Wonderful