



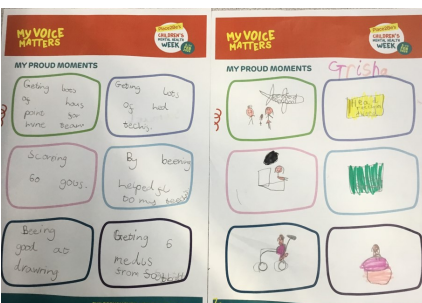
St Mary's Catholic Primary School  
Learning and Living Through Faith

# Mental Health and Wellbeing Newsletter

## Edition 3

### Edition 3

Last month we highlighted Children's Mental Health week, with the focus being "My voice matters". Over the course of a week the children completed different activities reflecting on what makes them unique and special. Considering moments they have been proud of, highlighting how important it is to acknowledge the things that you do well. Here are some examples of what we got up to over the course of the week:



### 5 ways to wellbeing:



#### Take notice

'Take Notice' is about paying attention (on purpose) to what is going on around you and how you feel, in the present moment.

It is sometimes hard to see how just 'Taking Notice' can help us feel happier and healthier. However, taking time to focus on the here and now within this busy, confusing and sometimes scary world we live in can help us:

- Enjoy life and appreciate what we have
- Understand ourselves better
- Stay calm
- Think about how to approach challenges

A good place to start is with our five senses: smell, sight, hearing, touch and taste.

**Suggested activity:** Take a seat somewhere comfortable. Then, spend a few minutes noticing:

- Five things you can see
- Four things you can touch
- Three things you can hear
- Two things you can smell
- One thing you can taste

### Daily affirmations



Snoop Dogg has released a series of daily affirmation songs suitable for children. These can be found on YouTube under the user "doggyland kids songs and nursery rhymes."

Daily affirmations are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can

#### Self-Care & Mental Health for Kids



**"Look for new reasons to be hopeful, even in tough times."**

<https://actionforhappiness.org/calendar>

### Places to go for advice or support:



Find out more about taking notice at:

<https://www.manchestermind.org/take-notice/>

<https://www.amh.org.uk/take-notice-and-reap-the-mental-health-benefits/#:-:text=Taking%20notice%20means%20being%20present,and%20appreciative%20of%20our%20actions.>