

Wellbeing Blog – 5.5.20

Today we are going to spend some time catching up and sharing some tips for keeping happy and healthy at home.



This is a very strange time and every day we can have different feelings. It is very normal to feel happy then sad or angry and maybe scared. I feel these things too!

I am so proud of you all and know that you are all being so brave.

[Click here](#) to read about Dave the Dog and how he copes with coronavirus.

sending virtual hug



loading...



hug sent!

Five Steps to Wellbeing



During the Easter holidays, we had a whole school wellbeing week and focused on these five steps to wellbeing to keep our minds healthy. If you choose one or more of these each day, research shows your mind will feel peaceful.

Things that help me to feel peaceful:

- Listening to music
- Going for a walk
- Buying flowers
- Baking
- Reading
- Painting
- Using FaceTime to call my friends & family
- Playing cards
- Making hot chocolate!



Do you have any tips for keeping happy and healthy at home?

Write down your ideas on the blog! It will be great to share these with everyone.



Fun times to remember! Our trip to Westminster Cathedral xxx

Birthday Shout Outs!

**To the children who have had a birthday since we have been home from school
(Sebastian just made it as it is his tomorrow!)**



More Birthday Shout Outs to come soon!