Wellbeing Newsletter June 2025



As we head into the last half term of the school year, June's newsletter focuses on anxiety. This is an emotion that everyone feels to some extent, and hopefully the strategies below are helpful.





Use the QR code to access the Hampshire Back to Basics advice leaflet focusing on 5 ways of wellbeing:

Connect, Be Active, Keep Learning, Give and Take Notice.





Visit Young Minds for strategies and advice:

https://www.youngminds.org.uk/parent/parent s-a-z-mental-health-guide/anxiety/

Always responding to anxiety with retreat is like forever keeping a boat in the harbour. That's not what boats are for



For more information, please see our school website:

https://www.lockerleyprimary.co.uk/family -support-team/







4th - National Cheese Day
5th - World Environment Day
8th - World Oceans Day
15th - Fathers Day
21st - International Yoga Day

MONDAY

WEDNESDAY

THURSDAY

things you're

Think of 3

grateful for

them down

and write

that brings you ioy and share it

to find a helpful

worry and try

things in your conversations

ook for what's good every day

Decide to

with others

this month

Say positive

Take a photo of something

healthy

green space and feel the joy that Get out into

you feel good Share a

nature brings

happy memory with someone who means a

light-hearted approach. Take a

lot to you

Choose to see

the funny side

letter to thank

you happy and

someone

a gratitude

Write

Eat good

others by doing

something

them happy

recently

listen or share

play, dance, music: sing,

what made

Bring joy to

Ask a friend

Find joy in

oyful June 2025

kind for them

21



fun childhood and enjoy a Rediscover

and find the

something

to notice things

others in a Speak to

something to

Look for

Take time

that you find

beautiful

friendly way

expect it

warm and

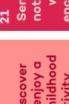
Look for

a difficult

dood in

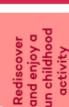
situation

Get outside















between people

how positive emotions are contagions

Notice



appreciation to

Show your

Bring to mind

Create a

something

Watch

funny and

a favourite

people who are

helping others

feel grateful for

feels to laugh enjoy how it

the joys in your

Make a list of

life (and keep

with people you

see today

Share a friendly smile

Share a

adding to it)

memory you















ACTION FOR HAPPINESS



