

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**.



Children With Anxiety May...



Appear more clingy than normal



Be restless and fidgety



Complain of stomachaches



Display changes in eating and sleeping habits



Express negative thoughts or worries



Get upset or angry more



Have bouts of unexplained crying



Struggle to concentrate

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/>

5-4-3-2-1 GROUNDING TECHNIQUE



5 THINGS YOU CAN SEE



4 THINGS YOU CAN FEEL



3 THINGS YOU CAN HEAR



2 THINGS YOU CAN SMELL



1 THING YOU CAN TASTE



@journey-to-wellness

RELEASING UNHELPFUL THOUGHTS

STEP 1: TAKE A LONG, SLOW INHALE THROUGH YOUR NOSE.

STEP 2: EXHALE SLOWLY THROUGH YOUR LIPS, AS THOUGH YOU WERE BLOWING BUBBLES.

STEP 3: IMAGINE EACH OUT-BREATH RELEASES UNHELPFUL & UNWANTED THOUGHTS INTO THE BUBBLES & OUT OF YOUR BODY.

STEP 4: IMAGINE THE BUBBLES POPPING, RELEASING YOUR ATTACHMENT TO THE THOUGHT OR FEELING.

STEP 5: WITH THE BUBBLE RELEASED, YOU CAN REPLACE IT WITH COMPASSION & KINDNESS FROM WITHIN.

Important Dates

4th - National Cheese Day

5th - World Environment Day

8th - World Oceans Day

15th - Fathers Day

21st - International Yoga Day

Joyful June 2025

SUNDAY

1 Decide to look for what's good every day this month

MONDAY

2 Say positive things in your conversations with others

TUESDAY

3 Re-frame a worry and try to find a helpful way to think about it

WEDNESDAY

4 Take a photo of something that brings you joy and share it

THURSDAY

5 Think of 3 things you're grateful for and write them down

FRIDAY

6 Get out into green space and feel the joy that nature brings

SATURDAY

7 Do something healthy which makes you feel good

8 Find joy in music: sing, play, dance, listen or share

9 Ask a friend what made them happy recently

10 Bring joy to others by doing something kind for them

11 Eat good food that makes you happy and really savour it

12 Write a gratitude letter to thank someone

13 Take a light-hearted approach. Choose to see the funny side

14 Share a happy memory with someone who means a lot to you

15 Look for something to be thankful for where you least expect it

16 Speak to others in a warm and friendly way

17 Take time to notice things that you find beautiful

18 Look for something good in a difficult situation

19 Get outside and find the joy in being active

20 Rediscover and enjoy a fun childhood activity

21 Send a positive note to a friend who needs encouragement

22 Watch something funny and enjoy how it feels to laugh

23 Create a playlist of uplifting songs to listen to

24 Bring to mind a favourite memory you feel grateful for

25 Show your appreciation to people who are helping others

26 Make time to do something playful, just for the fun of it

27 Be kind to you. Do something that brings you joy

28 Notice how positive emotions are contagious between people

29 Share a friendly smile with people you see today

30 Make a list of the joys in your life (and keep adding to it)

ACTION FOR HAPPINESS

Happier · Kinder · Together

