

Wellbeing Newsletter

November 2024



We hope that everyone enjoyed a happy and restful half term break. November will be filled with events for Remembrance, Inter Faith week and Children In Need.



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**.



We will be taking part in Odd Socks Day on **15th November** for Anti-Bullying Week and Children In Need.



Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year.



Spending time in nature can help improve your mood and reduce feelings of stress and anger.

Den Building day
Bentley Woods
Saturday 9th November
10:30 - 12:30



Join us for a morning of den building and natural art creation enjoying fun and team work and in the great outdoors!

For more information, please see our school website:
<https://www.lockerleyprimary.co.uk/family-support-team/>



11th - Remembrance Day
13th - World Kindness Day
11th - 15th Interfaith Week
11th - 15th Anti-Bullying Week
15th - Children In Need

New Ways November 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times

31 Get outside and observe the changes in nature around you

ACTION FOR HAPPINESS

Happier · Kinder · Together

