

Wellbeing Newsletter

December 2024



December is full of lots of fun, but also lots of commitments.
Make sure that you make time for yourself.



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**.



Get
Christmas
jumpers
ready for
Friday 13th!

CHRISTMAS JUMPER DAY



**Starting at the star, trace along
the sides of the Christmas tree
as you breathe**



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

SELF-CARE IDEAS CHRISTMAS EDITION



TAKE A WALK
IN NATURE



GET CREATIVE!



LEARN TO
SAY "NO" WITHOUT
FEELING GUILTY



WEAR YOUR
FAVORITE SWEATER



SET REALISTIC
EXPECTATIONS
FOR YOURSELF



ENJOY
YOUR FAVORITE
TEA OR COCOA



MAKE A LIST OF
THINGS YOU'RE
GREATFUL FOR



SLOW DOWN, REST,
AND ALLOW
YOURSELF A BREAK



SPEND TIME
WITH YOUR
LOVED ONES



6th - School trip to Mottisfont
13th - Christmas jumper day
16th - School trip to Greenview
19th - End of Term

December Kindness 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Say hello to your neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2025

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!

5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy



ACTION FOR HAPPINESS

Happier • Kinder • Together