

Wellbeing Newsletter

March 2025



We start this month with World Book Day. We will be sharing the benefits of reading on mental health with the children.



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**.



8 REASONS WHY READING IS GOOD FOR CHILDREN'S MENTAL HEALTH



Reading cultivates empathy and can even improve their social skills.



Books invite them to think and problem solve, thus improving creativity.



The stories of others can help them put their own life into perspective.



Books allow them to escape into other realities and worlds.



Reading can improve their memory and reduce the risk of falling behind.



Reading for pleasure can lower their stress and promote relaxation.



Reading can help development at school and reduce exam anxiety.



Reading before bed can help them establish a regular bedtime routine.



CAMHS

More information:

<https://www.place2be.org.uk/>

<https://www.youngminds.org.uk/>

For more information, please see our school website:

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

Important Dates



3rd - World Wildlife Day

6th - World Book Day

19th - World Sleep Day

21st - Comic Relief

30th - Mothering Sunday

Mindful March 2025



SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted



WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



Happier • Kinder • Together

ACTION FOR HAPPINESS