

Wellbeing Newsletter

July 2025



As we come to the end of the academic year, it is a time to celebrate progress made, reflect on changes and prepare for what is to come in September. We hope that you all have a safe and happy Summer Holiday when it gets here!



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 continue to use *The Colour Monster* by Anna Llenas to support children's self-regulation at school.

See additional resources on the next pages which might be helpful at home.



The Colour Monster helps the children identify and talk about the different feelings and emotions they experience. They can identify the colour that represents specific feelings.

It also helps them to consider how they may affect others when they are behaving within certain colours.



National Ice Cream Month!

24th - International Self Care Day

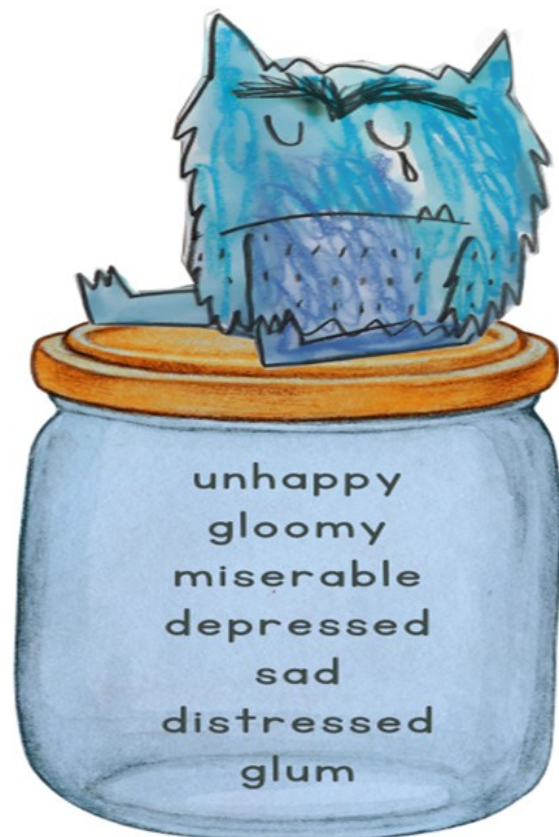
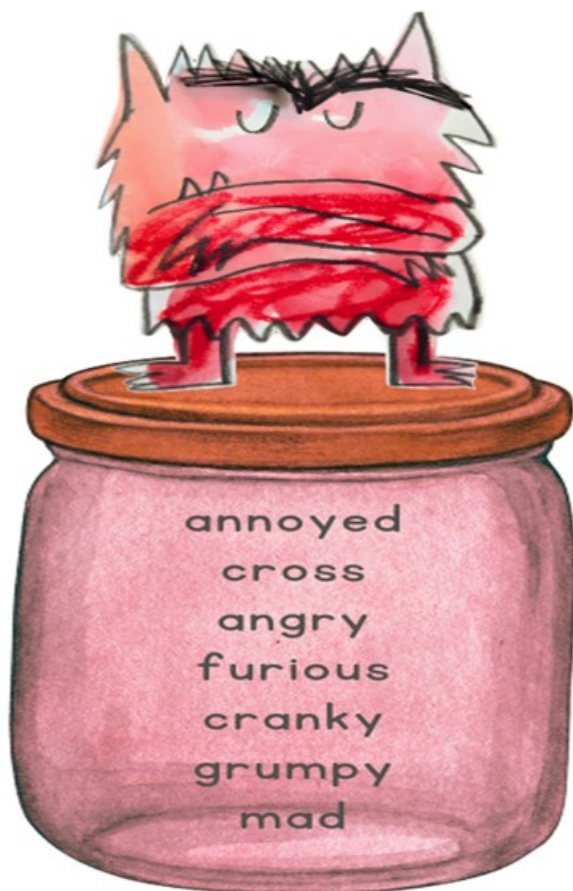
26th - Love Parks Week

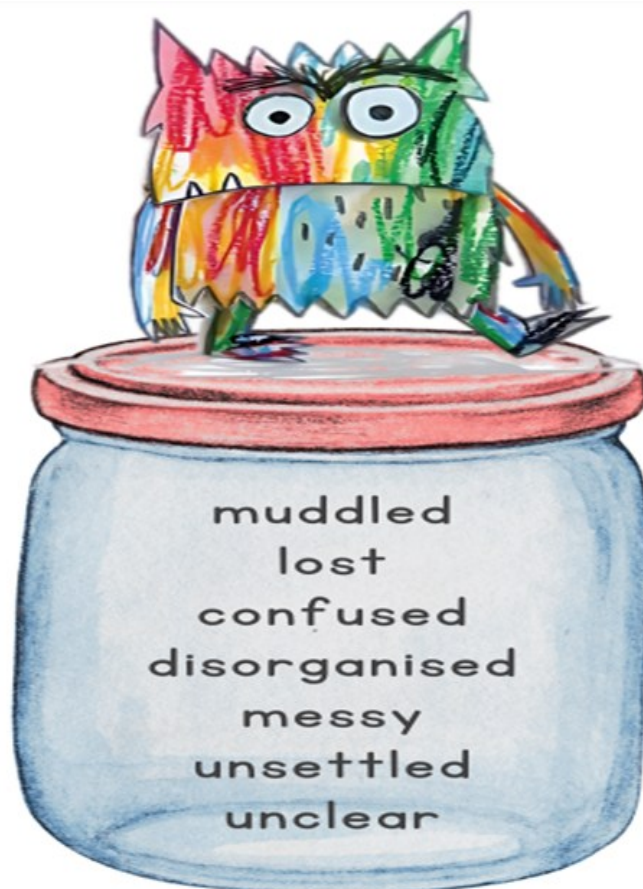
26th - National Marine Week

30th - National Friendship Day

For more information, please see our school website:

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





Jump Back Up July 2025



MONDAY



1 Take a small step to help overcome a problem or worry

TUESDAY

8 Avoid saying "must" or "should" to yourself today

WEDNESDAY

2 Adopt a growth mindset. Change "I can't" into "I can't...yet"

THURSDAY

3 Be willing to ask for help when you need it

FRIDAY

4 Find something to look forward to today

SATURDAY

5 Get the basics right: eat well, exercise and go to bed on time

SUNDAY

6 Pause, breathe and feel your feet firmly on the ground

7 Shift your mood by doing something you really enjoy

8 Avoid saying "must" or "should" to yourself today

9 Put a problem in perspective by seeing the bigger picture

10 Reach out to someone you trust and share your feelings with them

11 Look for something positive in a difficult situation

12 Write your worries down and save them for a specific 'worry time'

13 Challenge negative thoughts. Find an alternative interpretation

14 Get outside and move to help clear your head

15 Set yourself an achievable goal and take the first step

16 Find fun ways to distract yourself from unhelpful thoughts

17 Use one of your strengths to overcome a challenge today

18 Let go of the small stuff and focus on the things that matter

19 If you can't change it, change the way you think about it

20 When things go wrong, pause and be kind to yourself

21 Identify what helped you get through a tough time in your life

22 Find 3 things you feel hopeful about and write them down

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgmental and be kind instead

26 Catch yourself over-reacting and take a deep breath

27 Write down 3 things you're grateful for (even if today was hard)

28 Think about what you can learn from a recent problem

29 Be a realistic optimist. Focus on what could go right

30 Reach out to a friend, family member or colleague for support

31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

Happier · Kinder · Together