

Wellbeing Newsletter

January 2025



We have welcomed the children back to school with a positive start and lots of talk of hopes for the new year.



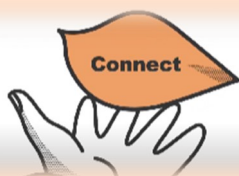
Use the QR code to access the Hampshire Back to Basics advice leaflet focusing on 5 ways of wellbeing: **Connect**, **Be Active**, **Keep Learning**, **Give** and **Take Notice**.



Connect

Connecting with others can give you the opportunity to share positive experiences and provide emotional support for you all. Building good relationships is positive for our wellbeing too.

- *Cut down on device time*
- *Play a game as a family*
- *Try eating a meal with no distractions*



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

Instead of **NEW YEAR, NEW ME...**

@iamhayleykaye

Celebrate all the things you overcame and all the little wins



Give yourself space to feel all the feels from last year so you can heal (it's okay if this takes time!)

Write down reminders to keep close and read when things get tough



Reach out to those who've helped you through the year, and tell them the impact they've had

Remind yourself that you don't have to change who you are to have an amazing year. You are already enough.

@iamhayleykaye



21st - National Hug Day
24th - Big Garden Bird Watch
27th - Holocaust Memorial Day
29th - Chinese New Year

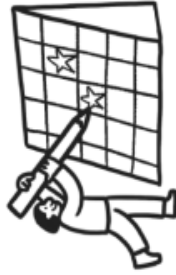
Happier January 2025



MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

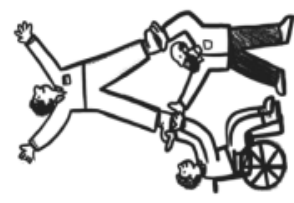
27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier • Kinder • Together

