

Wellbeing Newsletter

April 2025



Hopefully April brings more opportunities to enjoy some Spring sunshine. We hope that you have a happy and restful Easter break.



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**.



See the attached 'Connect 2 Thrive' resource pack from CAMHS.

This supports children with identifying how they feel, choosing activities to support these emotions and suggests activities to boost mood and build confidence.



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



2nd - World Autism Awareness Day

11th - World Pet Day

20th - Easter Day

22nd - Earth Day

23rd - St George's Day

Active April 2025

MONDAY



TUESDAY

1 Commit to being more active this month, starting today

WEDNESDAY

2 Spend as much time as possible outdoors today

THURSDAY

3 Listen to your body and be grateful for what it can do

FRIDAY

4 Eat healthy and natural food today and drink lots of water

SATURDAY

5 Turn a regular activity into a playful game today

SUNDAY

6 Do a body-scan meditation and really notice how your body feels

7

Get natural light early in the day. Dim the lights in the evening

8

Give your body a boost by laughing or making someone laugh

9

Turn your household chores into a fun form of exercise

10

Have a day with less screen time and more movement

11

Set yourself an exercise goal or sign up to an activity challenge

12

Move as much as possible, even if you're stuck inside

13

Make sleep a priority and go to bed in good time

14

Relax your body & mind with yoga, tai chi or meditation

15

Get active by singing today (even if you think you can't sing!)

16

Go exploring around your local area and notice new things

17

Be active outside. Plant some seeds and encourage growth

18

Try out a new exercise, activity or dance class

19

Spend less time sitting today. Get up and move more often

20

Focus on 'eating a rainbow' of multi-coloured vegetables today

21

Regularly pause to stretch and breathe during the day

22

Enjoy moving to your favourite music. Really go for it

23

Go out and do an errand for a loved one or neighbour

24

Get active in nature. Feed the birds or go wildlife-spotting

25

Have a 'no screens' night and take time to recharge yourself

26

Take an extra break in your day and walk outside for 15 minutes

27

Find a fun exercise to do while waiting for the kettle to boil



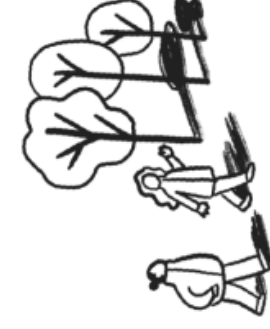
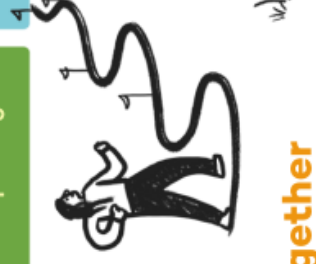
28 Meet a friend outside for a walk and a chat

29

Become an activist for a cause you really believe in

30

Make time to run, swim, dance, cycle or stretch today



ACTION FOR HAPPINESS

Happier • Kinder • Together