

LAST MONDAY WAS BLUE MONDAY...PLEASE REMEMBER...



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this is temporary

this will pass

this is temporary

this will pass

this is temporary

this will pass

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BLUEMONDAY

Said to be the most depressing day of the year. We want to re-position the day as one for positive change, so we can look forward with optimism to the year ahead. Agree?

 #screwbluemonday

Take 5 minutes to sit quietly and check-in with yourself- how are you feeling? Do you want to share it with your form or keep it private?

Teachers can join in too.

FEELINGS CHECK-IN

I feel...

I need to...

Overwhelmed	Take a step back
Stressed	Focus on relaxing
Anxious	Practice coping skills
Sad	Be loving to myself
Angry	Find a positive outlet
Drained	Rest and recharge
Broken	Self-compassion
Upset	Take time for myself
Alone	Reach out for support

BlessingManifesting

WEEKLY WELLBEING CHECK-UP

Try using this list each week to check in with your mental health

#ADDRESS YOUR STRESS



Where's my mental health today?

How do I feel today?

Mentally?

Physically?



MHFA England



Looking after my wellbeing

Am I drinking enough water and eating a balanced diet?

How did I sleep last night?

Did I feel rested when I woke up?

Is there anything I can improve?



How's my thinking today?

How are my thoughts making me feel?

Am I having unhelpful thoughts?

For free resources on spotting and challenging unhelpful thoughts, visit getselfhelp.co.uk or moodgym.com.au



My Stress Container

How full is my container?

Am I using helpful coping strategies?

Are they working?

Learn about your Stress Container at mhfaengland.org / mhfa-centre/campaigns/mhaw2018

There are simple steps you can take to #AddressYourStress. Check out our resources at mhfaengland.org

HOWEVER YOU'RE
FEELING ABOUT THE
WORLD RIGHT NOW IS

valid

AND YOU CAN
LET YOURSELF

feel it.

@VERONICADEARLY



mattzhaig



You haven't failed,
In a moment of sadness.
You haven't lost,
In a moment of defeat.

You are not a statue
Standing in an eternal
contrapposto.
You are a thing in
motion:
A rising tide, a cresting
wave.

Your vast depths witness
Every marvel, every
wonder.
You are, then,
marvellous.
And wonderful.
So:

Don't fight the moon.
Allow every tide.
And give all your
wrecked ships
The space to hide.

If you are feeling Anxious right now...

ANXIETY MIGHT LOOK LIKE...

@POSITIVELYPRESENT



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Anxiety doesn't mean you aren't brave. Anxiety helps you become brave. Anxiety is a daily lesson in bravery. Anxiety is the courage of being scared of things and still doing them. You become great at fighting fire when you are standing amid the flames.

How are your 2021 goals going? Check in- what have you achieved?

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MY GOALS FOR 2021

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-  Make more time to rest and recharge
-  Prioritise play
-  Notice and celebrate achievements (small or big!)
-  Create a healthier balance between different areas of my life

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What will future you thank you for:

-  choosing
-  deciding
-  saying no to
-  taking on

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Year 8 and 9 have been learning about initiative- do you show initiative when it comes to your well-being and making sure you are ok?

Initiative

People who show initiative...

- ...don't wait to be told what to do.
- ...see obstacles as challenges, not limits.
- ...think creatively to find solutions.
- ...think of multiple ways to achieve a goal.
- ...think independently.
- ...become enthused/fascinated by thinking.



Are you using initiative with your home learning?

Initiative

What could you do to improve your initiative ?

- ...don't wait to be told what to do
- ...see obstacles as challenges, not limits
- ...think creatively to find solutions
- ...think of multiple ways to achieve a goal
- ...think independently
- ...become enthused/fascinated by thinking

Look at the list again.

Choose ONE area you could improve and discuss with a partner how you will do this.

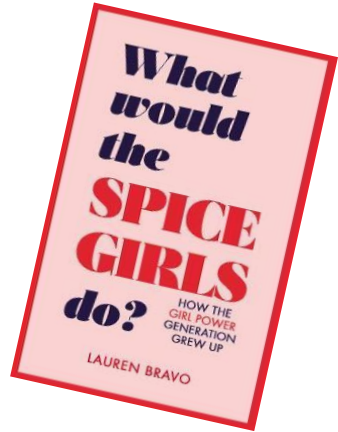


What are you reading?

Reading is a great thing to do to escape, relax and keep you entertained!

Ms Walker is currently reading 'What would the Spice girls do?'

Ask your teachers what they are reading!



Visit this website for a free virtual library...

<https://www.thenational.academy>



Teacher Hub

Lessons

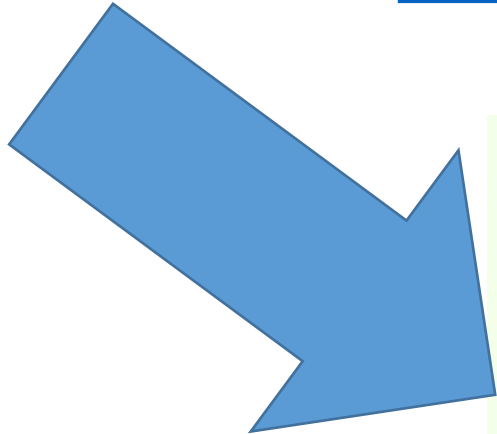
Menu

We're here to help

[Sign up for our emails](#) to be the first to access our new lessons, resources and advice or [register for our webinars for teachers](#) for direct support.

Virtual School Library

Visit our new [virtual school library](#), created with the National Literacy Trust, for free books, exclusive videos and activities aimed at primary school children.



Congratulation to these amazing readers from last week...



First Name	Last Name	Year	Minutes Read
Schekinah	Amo	Year 8	1,002.7
Mia	Corney	Year 7	670.6
Alexander	Culpeck	Year 7	481.1
Mirela	Buga	Year 7	295.7
Scarlett	Sloan	Year 7	221.8
Shayma	McDonald	Year 8	213.6
Patryk	Sawicki	Year 7	205.9
John	Bosse	Year 7	173.5
Hayden	Manning	Year 7	160.8
Marcus	Wakenshaw	Year 7	143.2



How can we start this new year happier? We are still in difficult and uncertain times. The best way to try to handle our difficult emotions and experiences is by focusing on what we can control. This month, we're encouraging everyone to focus on small steps to try to boost happiness - for ourselves and others around us - to spread kindness and hopefully inspire others to do the same.

Have you managed to do anything on the calendar?

ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

- 1 Find three good things to look forward to this year
- 2 Make time today to do something kind for yourself
- 3 Do a kind act for someone else to help to brighten their day
- 4 Write a list of things you feel grateful for in life and why
- 5 Look for the good in others and notice their strengths
- 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 physically active (ideally outdoors)
- 10 Thank someone you're grateful to and tell them why
- 11 Switch off all your tech 2 hours before bedtime
- 12 Connect with someone near you - share a smile or chat
- 13 Be gentle with yourself when you make mistakes
- 14 Take a different route today and see what you notice
- 15 Eat healthy food which really nourishes you today
- 16 Get outside and notice five things that are beautiful
- 17 Contribute positively to a good cause or your community
- 18 Focus on what's good, even if today feels tough
- 19 Get back in contact with an old friend you miss
- 20 Go to bed in good time and give yourself time to recharge
- 21 Take a small step towards an important goal
- 22 Try out something new to get out of your comfort zone
- 23 Plan something fun and invite others to join you
- 24 Put away digital devices and focus on being in the moment
- 25 Decide to lift people up rather than put them down
- 26 Say hello to a neighbour and get to know them better
- 27 Challenge your negative thoughts and look for the upside
- 28 Ask other people about things they've enjoyed recently
- 29 Use one of your personal strengths in a new way
- 30 Count how many people you can smile at today
- 31 Write down your hopes or plans for the future

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

You can find simple ways to create a happier January by using the *Action for Happiness* calendar. It has fantastic daily actions for **January 2021** and is a great activity to do with your work colleagues and/or families and friends at home.

Take a breaks between lessons and from your screen...

- READ A BOOK
- PLAY OUTSIDE
- PRACTICE A SPORT
- WORK IN SCHOOL WORKBOOK
- DO AN ART/CRAFT PROJECT
- PRACTICE AN INSTRUMENT
- BAKE SOMETHING
- PLAY WITH TOYS
- GO ON A BIKE RIDE OR WALK
- WRITE A STORY
- PLAY A BOARD/CARD GAME
- MAKE UP A DANCE

