



Take Notice

Take a moment to look back at photographs of you when you were younger. Think how you have grown physically. How have you changed? Can you think of something that may have worried you in the past, but no longer does? Take notice of how you've grown emotionally.

Give

Give **yourself** a compliment! It is lovely to give other people compliments, but it is also important to recognise yourself too. At the end of each day, give yourself a 'well done'. Be kind to yourself.

Connect

Laugh! Share a funny story or joke with a friend. Maybe watch a funny film or video clip.

Apparently it takes 17 muscles to smile, so give yourself a little mini workout and see how it feels!

Keep Learning

Do you keep a diary or journal? Having one allows you to not only write what you have done each day, but also how you feel. It can be really helpful to look back at times you found tricky and see what helped you cope and feel better. Learning from your past experiences helps you adapt to new things.

Be Active

We know that being active is great for our physical health but challenging yourself to try something new can help us grow emotionally too. Think about trying a new sport. It might be netball, lacrosse or long jump. Let us know how it goes!

Wellness Wednesday

Next week is Children's Mental Health Week. This year we are exploring the theme 'Growing Together' and will be holding an assembly on Monday, followed by some class activities during the week.

We will be discussing that we not only grow physically, but emotionally too. Things that might upset us when we are younger may no longer upset us when we are older. Challenging ourselves to try new things can help us grow and adapt – even in adulthood!