

Eastfield Primary School
Colliery Road
Wolverhampton WV1 2QY

Email: eastfieldprimaryschool@wolverhampton.gov.uk or office@eastfieldpri.co.uk

April 2023

Dear Parents / Carers,

The Easter holidays have been the perfect time for adventures, laughter and to take part in enjoyable activities with the whole family. But as April is also Stress Awareness Month, there is no better time than now to refocus on your health and wellbeing. Doing mindfulness, physical and communication exercises as a family is a great way to support your mental health. Here are some ideas for health and wellbeing activities you can do in the last few days before we return to school.

Connect

Over Easter (and on the next bank holidays) keep in touch with your family or friends, spend time together by inviting them over, going for a walk or playing games together. Perhaps you could give someone a call to check they're ok and reminisce over old memories. Start a group chat so you can send messages daily to see what everyone has planned. By connecting with others, you can reduce feelings of loneliness – include other people in your activities so you're supporting the wellbeing of your friends and family too.



Be Active

Springtime (Easter break and the May bank holidays) gives you plenty of time to do various physical activities as a family, such as walking, dancing, jogging and ball games. Getting active outdoors in the sunshine and fresh air not only increases your Vitamin D levels but generally makes you feel better – improving your physical and emotional wellbeing. The level of exercise you choose is up to you and your family's capability, it could be playing hide and seek, completing jobs around the house or something more intense like circuit training.

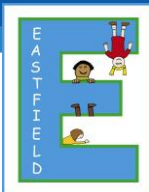
Stay Mindful

Try spending time outdoors every day to get the Vitamin D you need. Observing nature will help you reconnect with yourself and your surroundings, tree hugging is a great exercise for mindfulness. Breathing practices can make you feel calmer, taking the time to inhale and exhale slowly can reduce levels of stress and anxiety. Garden yoga is a great way to meditate and exercise; pets can also be included – the choice is yours.

Keep Learning

Choosing a new hobby as a family can be easier, as you're able to support one another at their own pace. It can be a great way to get the gardening done quicker, share the responsibilities as family. Perhaps you want to learn how to cook or bake because you want to be more in control of the food you are eating. Learning new skills, facts and hobbies that are fun can boost your self-esteem and self-confidence whilst giving you a sense of purpose and fulfilment.





Give

Spending time helping others can give you a boost – but taking time for yourself can too. You could help someone with a job, call a relative to check they are doing ok, or just give the person close to you a hug. Not only will giving to others benefit them but it will benefit you too.

Personalising your own health and wellbeing activities can be more engaging and enjoyable for the whole family while being cost effective. So, be creative, playful, and use your imagination to reconnect with the outdoors, and as a result you will reduce stress levels, improve your concentration and focus, improve moods, sleep better and worry less.

Lucy Mears

<https://www.publichealthdorset.org.uk/b/family-health-and-wellbeing-activities-for-the-easter-holidays-2>

MY NAME IS.....

EGGS -PRESS YOURSELF. HOW ARE YOU FEELING TODAY? DRAW FACES ON YOUR EGGS AND GIVE THEM NAMES.

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Useful Links

<https://calmahoykids.co.uk/2021/03/20/calming-easter-activities-for-kids/>

Sign up to our email list and get access to our free resource library!

First Name

Email Address

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I hope that you have had a restful Easter!

I would love your feedback on our wellbeing newsletter. Send your comments to ereynolds@eastfieldpri.co.uk

“IF I HAD MY CHILD TO RAISE OVER AGAIN,
I’D FINGER PAINT MORE, AND POINT THE FINGER LESS.
I WOULD DO LESS CORRECTING, AND MORE CONNECTING.
I’D TAKE MY EYES OFF MY WATCH,
AND WATCH WITH MY EYES...
I’D STOP PLAYING SERIOUS, AND SERIOUSLY PLAY.
I WOULD RUN THROUGH MORE FIELDS,
AND GAZE AT MORE STARS.
I’D DO MORE HUGGING, AND LESS TUGGING...
I WOULD BE FIRM LESS OFTEN, AND AFFIRM MUCH MORE.
I’D BUILD SELF-ESTEEM FIRST, AND THE HOUSE LATER.
I’D TEACH LESS ABOUT THE LOVE OR POWER,
AND MORE ABOUT THE POWER OF LOVE.”

DIANA LOOMANS, POET.

