

# Wellbeing Update



**December 24**

Northwick Park Primary & Nursery Academy

## PSHE

The children have worked incredibly well this term. All year groups are enjoying their weekly PSHE lesson. Last half term, the children completed a unit of work on 'Being Me in My World' and this half term they are currently working through a unit of work called 'Celebrating Differences'.

PSHE sessions encourage class discussions and allow the children to be inquisitive by asking questions and sharing their ideas and opinions. The children know that during these sessions they must be respectful of other people and their views. All sessions include a relaxation element which allows time for the children to clear their minds and prepare for their lesson.

In addition to PSHE lessons, many year groups have enjoyed the opportunity to participate in a range of wellbeing activities, some of which include mindfulness colouring and yoga.

## My Positive Mental Health Christmas Holiday Planner

The Christmas holidays can be a busy time and are often filled with lots of different thoughts, feelings and emotions. It is important that we look after our mental health during times like this.

Completing a range of activities can help keep our mind healthy and our emotions balanced. Think of all the different activities you could do over the Christmas holidays to look after your mind and write them on this planner.



Physical Activities	Emotional Activities	Social Activities	Play Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.
						

The children can record these activities and bring them in to school to show their teacher in the new year.

We hope you have a lovely Christmas break.