

Week beginning 11/5/20

Wellbeing when at Home

Dear Families of Withycombe Raleigh C of E Primary School,

We hope that you and your family members are well.

We know that you, as parents and carers, have been doing an immense job with your children being at home. We also know it isn't always an easy job to do. Young children can demand a lot of our attention; older children and teenagers feel bored, and frustrated that they cannot see their friends.

At times of stress it can help to remind ourselves of what is really important.

The following quote may help with that:

“Each second we live is a new and unique moment of the universe, a moment that will never be again. And what do we teach our children? We teach them that two and two make four, and that Paris is the capital of France. When will we also teach them what they are? We should say to each of them: Do you know what you are? You are a marvel. You are unique. In all the years that have passed, there has never been another child like you. Your legs, your arms, your clever fingers, the way you move. You may become a Shakespeare, a Michelangelo, a Beethoven. You have the capacity for anything. Yes, you are a marvel. And when you grow up, can you then harm another who is, like you, a marvel? You must work, we must all work, to make the world worthy of its children.” ~Pablo Casals (Spanish Poet and Musician. 1876-1973)

Connecting with Nature

We can help our unique and special children find positive ways to relate to our beautiful world. Connecting with nature and the beauty of our surroundings can empower our mental wellbeing and give a sense of calm. Being with nature is a mindful activity; it allows us to be in the very present moment.

Although playgrounds are not open there is much we can do with our children outside (please ensure that you and your children adhere to social distancing rules).

Here are some ideas to try:

- Make and fly paper planes
- Have a toy picnic in the garden
- Try messy play with leftover spaghetti or mud!
- Paint or colour a pebble

We can also use our **senses** to explore the world around us.

Try these ideas using your senses:

- **Cloudspotting** - What shapes can you see?
- **Colours of the Rainbow** - What things match the colours in the rainbow?
- **Favourite scents** - Which flowers have a scent? Which is your favourite?
- **Bird Song** - How many different bird songs can you hear?
- **Sound of the Sea** - Shut your eyes, listen and breathe.

Have a go with our....

NATURE TREASURE HUNT

Find the following items, stick them in the boxes or draw a picture of them!

A piece of Grass	A Flower Bud	A Spring Leaf
Draw the Sun or Sky	A Flower	Draw your favourite Animal
A Feather	Draw a Rainbow	A Shell

With best wishes from,
The staff from Withycombe Raleigh C of E Primary School