

Well-being Newsletter

Autumn 2 2023

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BELONG BELIEVE ACHIEVE

Anti-Bullying Week 2023

This year it has the theme 'Make A Noise About Bullying' and will take place from Monday 13th to Friday 17th November. The week will be kicked off with Odd Socks Day on Monday 13th November, where adults and children wear odd socks to celebrate what makes us all unique.

The theme of 'Make A Noise About Bullying' came about following consultation with teachers and pupils by the Anti-Bullying Alliance, which coordinates Anti-Bullying Week every year in England, Wales and Northern Ireland. Teachers and children wanted a theme that empowered them to do something positive to counter the harm and hurt that bullying causes.



Key Dates:

Remembrance Day -
11th Nov 2023

World Kindness Day
-13th Nov 2023

Inter Faith Week –
12th – 19th Nov 2023

Anti-Bullying Week
– 13th – 17th Nov
2023

International Day of
Tolerance - 16th Nov
2023

International Day of
People with
Disabilities – 3rd Dec
Human Rights Day –
10th Dec

International
Migrants Day – 18th
Dec

Why not make the most of what autumn has to offer?

Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.

Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.



World Kindness Day

This is celebrated on 13th November and this day serves as a reminder of the positive impact that kindness can have on individuals, communities, and the world at large. It encourages people to perform intentional acts of kindness and foster a culture of compassion and generosity.



7 WAYS TO START MAKING KINDNESS THE NORM IN YOUR DAILY LIFE:

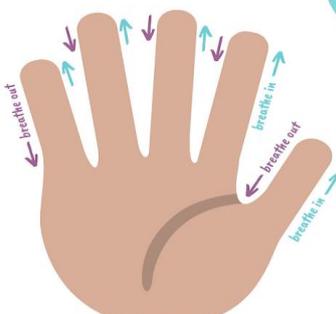
- 1 Send an uplifting text to a friend or family member.
- 2 Let that guy merge into traffic with a wave and a smile.
- 3 Include intentional moments of kindness, laughter and delight in your daily routine.
- 4 Go *slightly* outside of your comfort zone at least once a day to make someone smile.
- 5 Share a compliment with a co-worker or friend.
- 6 Reach out to a family member you haven't spoken to in awhile.
- 7 Treat someone to a cup of coffee (a friend, stranger, or even yourself).

make kindness the norm.

#WorldKindnessDay
#MakeKindnessTheNorm
www.randomactsofkindness.org



5 Finger Breathing



Stretch out one of your hands nice and wide.

Use your pointer finger from your other hand, to slowly trace your thumb from the bottom to the top, as you slowly breathe in through your nose.

When you get to the top of your thumb, slowly breathe out through your mouth, as you trace your pointer finger down the other side.

Keep going until you have traced your whole hand.

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Relaxation Activity

