

# THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

During this time I have decided to write a Newsletter weekly rather than termly. I would like to remind everyone that you are welcome to email me if you need to. [jashworth@scholargreen.cheshire.sch.uk](mailto:jashworth@scholargreen.cheshire.sch.uk). I have added lots of emotional, well-being activities to my page- 'Emotionally Healthy School' on the school website and will continue to do so. It would be lovely to see some of the work if you would like to share or send to me. I do hope everyone is safe and well! Mrs Ashworth x



A lovely idea: All the wonderful things you are creating, talking about, hoping for, places you'd like to visit, people you'd like to meet up with etc. Write them down and when this is over. Get them all out- remember and make things happen!



- 1 — Draw something that makes you happy.
- 2 — Draw something you couldn't live without.
- 3 — Draw someone who helps you.
- 4 — Draw something that makes you smile.
- 5 — Draw something you love to do.
- 6 — Draw something you are thankful for.
- 7 — Draw someone you love.
- 8 — Draw something you think is fun.
- 9 — Draw something that makes you feel good.
- 10 — Draw something that makes you laugh.



## FUN QUIZ

- 1) What year did WW1 begin in?
- 2) How many teeth are there in an adult mouth?
- 3) How many years are there in a century?
- 4) What is the tallest mammal in the world?

Take a look at this great site:

<https://www.scouts.org.uk/the-great-indoors>

Hope you to see you next week!

Get in contact with a local care home and arrange to send a letter to one of the residents

