

# THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Wow! Easter already! I do hope everyone can have a fun weekend. The weather is beautiful at the moment and it is lovely to hear all the birds singing.

Here are a few fun Easter activities that all the family can join in with.



During this time, there may be some difficult situations for us all. Please consider using the 'Star Breathing' below, it really does help. Maybe draw your own with your son / daughter and try it together.



Say something positive to everyone in your household today and every day!

Happy Easter xx