

# THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Hi everyone. I really hope you are all enjoying this beautiful weather. I am really missing everyone and wanted to remind you that you or your children can email me. Send pictures of anything you take part in from the Wellbeing page on the school website or just for a chat! [jashworth@scholargreen.cheshire.sch.uk](mailto:jashworth@scholargreen.cheshire.sch.uk) Please take a look on the website, I have been adding lots of great activities! This week is all about Meditation and staying calm.

## ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

## BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

## BALLOON BREATHING



Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

## SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.



- Go to the floor on all fours
- Take a deep breath through your nose
- Open your mouth as big as you can
- Stick your tongue out / Open eyes wide
- And, ROAR!



- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
- Repeat this breathing sequence for a few minutes



- Kneel on all fours
- Breathe in as you lift your chin and tilt your head back
- Breathe out while you slowly raise your back towards the ceiling and you lower your head



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax

This easy to make  
paper plate  
sunshine will make  
everyone smile!

## Handprint Craft PAPER PLATE SUN



Why not make a colourful paper  
chain? On each chain write  
something kind or something you are  
grateful for or what you've enjoyed  
while being at home

a {paper}  
chain of  
kindness



IF EVER THERE IS A TOMORROW  
WHEN WE'RE NOT TOGETHER

THERE IS SOMETHING YOU  
MUST ALWAYS REMEMBER

YOU ARE BRAVER THAN YOU BELIEVE  
STRONGER THAN YOU SEEM  
AND SMARTER THAN YOU THINK

BUT THE MOST IMPORTANT THING IS  
EVEN IF WE ARE APART  
I'LL ALWAYS BE WITH YOU

*Winnie the Pooh*



Included on the wellbeing section of the school webpage there are lots of activities including: Keeping yourself safe booklet, Health Diary, Mindful Monsters, Positivity board game, Calm down story, Gratitude game, Explore my emotions colouring book and much, much more!

I have also added some further Helpline numbers.

Please stay safe and well everyone. Mrs Ashworth xx