

THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Hello everyone. I do hope you have had a good week and you tried something new. There are lots of changes starting to happen and it may feel a little scary but please make sure to talk about it, ask questions and remember you can email me. I've had some lovely messages and I do enjoy hearing what you've been up to! jashworth@scholargreen.cheshire.sch.uk Have a lovely weekend!

THREE GOOD THINGS THAT HAPPENED TODAY

THERE IS GOOD IN EVERY DAY ♥ DATE: _____

Use these ideas to make your own! I'd love to see them and your great artwork.

What am I worried about?

Is it within my control?
YES You can do this! **NO** Breathe & let go!

What am I going to do?

See the Good Date: _____

Made me smile
😊😊😊

Goals achieved
🎯🎯🎯

I'm grateful for _____ **because...** ? ? ?

Compliments for myself
♥♥♥

My hopes for tomorrow

The 'Rainbow' has become a symbol of hope all over the world. Have you put one in your window?

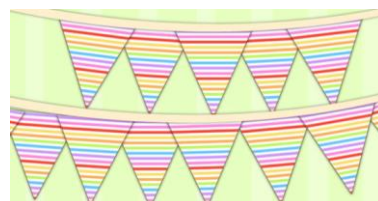


A rainbow

is as red as _____
is as orange as _____
is as yellow as _____
is as green as _____
is as blue as _____
is as purple as _____

twinkl

Why not have a go at a rainbow simile poem or make some rainbow bunting to brighten your day



Look on the Bright Side...

I do hope you are enjoying the newsletters!

I am missing each and every one of you and I really hope I get to see you all again very soon. Stay safe, take care of each other, make fabulous memories together. I will leave you with this:

<https://www.youtube.com/watch?v=evfOzPrzlu0&feature=share>

Mrs Ashworth x