

THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

As the weather has changed I thought I would add a few things that can be done in the house. Friday 5.6.20 is World Environment Day so I had this in mind too!

<https://www.bbc.co.uk/newsround/52893318> Why not make a model out of recycling materials?



World Environment Day



A timetable to use at home could be really helpful & will help you to manage your time. You could use the symbols below or create your own! You can send yours to me if you like!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday



WOULD YOU RATHER QUESTIONS FOR KIDS

Would you rather take an art class or a music class?	Would you rather eat fruits or vegetables?	Would you rather be a bird or a fish?	Would you rather eat spaghetti or tacos?
Would you rather go snorkeling or kayaking?	Would you rather go on a hot air balloon or an airplane?	Would you rather camp in a tent or in a camper?	Would you rather drink orange juice or apple juice?
Would you rather eat cake or ice cream?	Would you rather have a pet snake or a pet tarantula?	Would you rather wear boots or tennis shoes?	Would you rather go to the zoo or the park?
Would you rather watch the a comedy or a scary movie?	Would you rather live in the mountains or by the beach?	Would you rather meet Santa or the Easter Bunny?	Would you rather be too hot or too cold?
Would you rather be a police officer or a fireman?	Would you rather read books or write stories?	Would you rather be a lion or a tiger?	Would you rather be an actor or a comedian?
Would you rather be a ballerina or a gymnast?	Would you rather have a puppy or a kitten?	Would you rather have a tail or elf ears?	Would you rather have a playhouse or a trampoline?
Would you rather go mountain climbing or skydiving?	Would you rather jump off a diving board or go down a slide?	Would you rather have a pony or a monkey for a pet?	Would you rather be very smart or very lucky?
Would you rather be a pilot or a pirate?	Would you rather play baseball or soccer?	Would you rather be able to travel into the future or into the past?	Would you rather have wings or a jetpack?



I hope you are enjoying my newsletters. I'd love to hear from you and see some of your work. Mrs A xx



BE BRAVE
BE CREATIVE
BE KIND
BE THANKFUL
BE HAPPY
BE YOU

Ways to feel better

Use this sheet to help your child to come up with ideas to feel better when they have difficult feelings. Talk about a time when your child has had a difficult feeling – sad, angry, annoyed, jealous or scared. Discuss different things they do to help themselves feel better using the suggestions below as a prompt. Ask children to choose their top three strategies, perhaps drawing or writing one we haven't thought of! Keep this on display at home so when children have a difficult feeling they can help themselves to feel better.

Dance to your favourite song	Have a drink of water	Do some colouring	Smell your favourite smell	Hug a toy
Think of a happy memory of your friends/family	Think of the three best moments of the day	Do five star jumps	Ask for help	Take some deep breaths
Talk to a friend online	Write down how you are feeling	Think of a happy time	Watch television	Imagine your favourite place
Think of three solutions for your problem	Have a nap	Say you're sorry	Make a list of things you are good at	Do a full body stretch

World Environment

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climate
 environment
 outdoors
 nature

reserve
 recycle
 sanctuary
 conservation

renewable
 reduce
 reuse

