

# The Prior's Mill 'FEEL BETTER NEWSLETTER'

Issue 1—01.02.2021

Hello everyone, this is our first Feel Better Newsletter! We hope that you are getting on with your work at home and have settled into a routine. What is a routine? Routines are very important and allow us to keep things 'normal'. As humans, that makes us feel safe.

The idea of this newsletter is to make you feel happier and give you tips to keep you calm. We thought that since lots of us can't go to school, we would give you tips for how to be positive and happy at home.

## Mental Health Week!

This week is Mental Health week! We are going to do an activity everyday to embrace the theme:

### Express Yourself!

Each day, your teacher will send you an activity to take part in. This could be musical, involve art, photography or dance—lots to look forward to! Make sure you send pictures of your work to your teacher; they can feature in our next Feel Better Newsletter!



They found a little courage  
That shimmered in the sun  
They blended it with patience  
And just a spice of fun  
They poured in hope and laughter  
And then with a sudden twist  
They stirred it altogether  
And made an optimist!

### Tip One!

**The power of sleep! One of the most important things that your brain needs is sleep.**

1. Before you go to bed, have a warm bath to help relax your muscles.
2. Limit or use no electronics before bed.
3. Read a story or have a story read to you.
4. If you have a lot on your mind, try writing down your thoughts so you can deal with them in the morning.

### Tip Two!

**Get organised! Why not make a timetable for staying at home?**

You should have a play time and a lunch time just like you would in school! You could put your timetable up in your home, colour it in and add stickers to make it your own.

### Tip Three!

**Stay active!**

Make sure you are going outside and getting fresh air at least once a day. Even if it is only for a little while!

You could go for a short walk or play a game in your garden!



### You Have Been Spotted Award!

Each week class teachers will give an award to a child who has shown a positive and caring personality. This can be a child in school or at home! The award will be given during our new class Zooms! Please share with us any examples of your child demonstrating these values at home so we can celebrate them in school too!