DISCOVERY
Multi Academy Trust

If there is anything you would like to add or see as part of our monthly wellbeing news-letter. Please let Lindsay Cooper-Smith know by emailing

L.cooper-smith@discoverymat.co.uk

The world of David Walliams

https://www.worldofdavidwalliams.com/elevenses/

Everyday Activities that count as Learning

Taking a walk · Writing Letters · Cooking and baking · Listening to music · Reading · Exercising · Colouring, drawing + painting · Playing board games · Doing a puzzle · Gardening · Making a den · Building with Lego · Making a video

ElleBelle Designs

© Worcestershire Speech and Language Therapy 2020

NSPCC

Worried about a child?

0808 800 5000
help@nspcc.org.uk

IF YOUR KIDS GET BORED AND HAVE A TABLET, THEY'LL LOVE

EDINBURGH, PAIGNTON AND SANDIEGO ZOO LIVE CAMS

YOU CAN VIEW DIFFERENT ANIMALS.

AS SEEN ON MONEY SAVER

1. EDINBURGHZOO.ORG.UK/WEBCAMS/PANDA-CAM
2. ZOO.SANDIEGOZOO.ORG/LIVE-CAMS
3. PAIGNTONZOO.ORG.UK/EXPLORE/WEBCAMS

Need to talk?

if you are under 18 and living in Plymouth you can call for mental health advice and support **24/7**

Urgent Response 01752 435122

Livewell

Place2Be's **CHILDREN'S MENTAL HEALTH WEEK**
1-7 FEBRUARY 2021

AYP

12 Rocks Of Well-Being

Rock 1 – Sleep – 8-9 Hours a night

Rock 2 – Exercise – 20 mins per day

Rock 3 – Eat and Drink Healthily – complex carbs, protein, low sugar

Rock 4 – Mindfulness – be present without judgement 5-10 mins

Rock 5 – Mind Wandering – allow your mind to social problem solve

Rock 6 – Manage Emotions – notice, accept, share with trust

Rock 7 – Walk Outside in Nature

Rock 8 – Listen to Music – 20-30 minutes

Rock 9 – Connect meaningfully with friends and family

Rock 10 – Gratitude and Kindness- express both explicitly each day

Rock 11 – Engage in activities important to your life's purpose

Rock 12 – Learn, Play, Create, Read

CULTIVATE KINDNESS

Connect
Understand
Listen
Take Time
Inspire
Value
Accept
Teach
Empathize

TAMARA LETTER

"even the smallest flower can scatter magnificent seeds."