



Minerva Wellbeing Newsletter 2

Don't forget, we also have a wellbeing website with ideas for activities and support
<https://wellbeingminervaclf.wordpress.com>

Our Favourite book of the term



(Available on Amazon) – Relax kids by Marneta Viegas . Go on a magical adventure in your mind as you imagine you are Aladdin floating on a carpet or a mermaid swimming in the ocean. This is a great book for teaching you important relaxation skills. Your parents and carers will love it too !

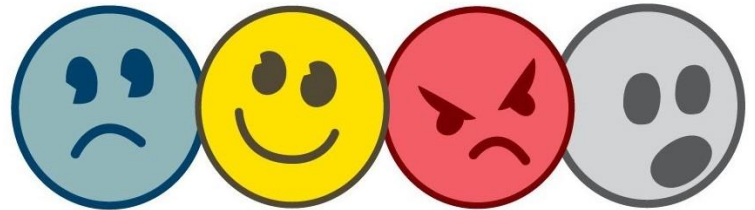


Check out this Childline website – it's full of lots of ways to feel calmer on this website including yoga videos and games, find out works out for you when you need to feel calm.

<https://www.childline.org.uk/toolbox/calm-zone/>



Have you seen Miss Archer's new wellbeing video.
<https://youtu.be/8qvXSKWk9MU> A short video with 4 simple strategies to use for calming Big feelings



Let us know if you have anything that works well for you that you would like to share with us.

Holiday Challenge

Draw or paint a self – portrait ,blindfolded.

Send your picture to Wellbeing@mpa.clf.uk

Closing date 4th January 2021

House points for your photo, we will also show them in assembly next term



**Happy Christmas Everyone
from the pastoral care team**

