

Wellbeing Poster

This week, our wellbeing poster looks at 'Five Ways to Springtime Wellness', taken from information received from MindSafe (an online service for children)

Focus on spring time wellbeing

As the seasons change and the days get longer let's make some positive changes.

1. Get outdoors: Encourage children to spend time outdoors in the fresh air and sunshine. This could involve playing games in the garden, going for a walk, or a bike ride in a nearby park.



2. Gardening: Spring is the perfect time to start a small garden, even if it's just a window box or a few pots on a balcony. Planting flowers, herbs, or even vegetables can help children learn about the natural world and take pride in their accomplishments.



3. Crafting: Encourage children to create something with their hands, such as painting or drawing, making a birdhouse, or creating a piece of jewellery. Crafting can be a fun and relaxing way to unwind after a long day at school.



4. The Blue Peter Badge: Apply for a Blue Peter badge, which can be earned by completing a range of challenges, from fundraising for a good cause to demonstrating talent or skill. The badge can be a great motivator for children and can lead to opportunities to attend live events or take part in other fun activities.



5. Read: Reading can be a great way for children to unwind and escape into another world. Encourage them to read a book outside in the sunshine, or to start a book club with friends.

