



## Summer 2 2024

### Important Dates

Environment Day- 5th June  
 World Refugee Week -17th - 23rd June  
 World Music Day- 21st June  
 Plastic Free July- 1st-31st July  
 Samaritans Awareness Day- 24th July  
 International Day of Friendship -30th July

We all have the right to feel safe all the time

We can talk with someone about anything, even if it feels awful or small

### Protective Behaviours

#### Safe Language

Our use of language has a large impact on others. If we choose to use 'safe' language then people around us are likely to feel safe.

We can ask ourselves:

Is my language helping others?  
 Does everybody understand what I'm saying?  
 Am I speaking for myself and not others?



During Summer term all children will be learning about 'Being their Best' in their PSHE lessons.

In this unit, we will be learning about developing a positive attitude to learning and building a growth mindset. Developing a wider range of strategies to help them bounce back when things go wrong. Different aspects of physical health - and how they can help themselves to keep healthy.

Take a look at the following links for more information and ideas to do at home...

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/being-my-best-3-5-years>

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/being-my-best-5-7-years>

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/being-my-best-7-9-years>

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/being-my-best-9-11-years>

Here are some well being tips we practice with the children. Please try them at home too.

You can use these simple steps anytime and anywhere to give yourself a boost and build your compassion for others. By tuning in to your feelings, looking for what's good and sharing kindness you can nurture yourself and help make things better day by day.

Please give it a try and, if you find it helpful, share it with others too.

STEP 1: BE MINDFUL Relax your breathing and notice: How am I feeling right now?

STEP 2: BE GRATEFUL Look around you and ask yourself: What am I thankful for?

STEP 3: BE KIND with warm feelings, ask yourself: Who do I want to send love to? There are lots of big and worrying issues in our world right now. We can't always change what is happening, but we can choose how we respond.

This Month's Action for Happiness Calendar:  
 Joyful June

Joy is a net of love by which you can catch souls. – Mother Teresa



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	3. Re-frame a worry and try to find a helpful way to think about it	4. Take a photo of something that brings you joy and share it	5. Think of 3 things you're grateful for and write them down	6. Get out into green space and feel the joy that nature brings	7. Do something healthy which makes you feel good	8. Decide to look for what's good every day this month	9. Say positive things in your conversations with others
10	10. Bring joy to others by doing something kind for them	11. Eat good food that makes you happy and really savour it!	12. Write a gratitude letter to thank someone	13. Take a light-hearted approach. Choose to see the funny side	14. Share a happy memory with someone who means a lot to you	15. Find joy in music: sing, play, dance, listen or share	16. Ask a friend what made them happy recently
17	17. Take time to notice things that you find beautiful	18. Look for something good in a difficult situation	19. Get outside and find the joy in being active	20. Rediscover and enjoy a fun childhood activity	21. Send a positive note to a friend who needs encouragement	18. Find joy in music: sing, play, dance, listen or share	19. Say positive things in your conversations with others
22	22. Bring to mind a favourite memory you feel grateful for	23. Show your appreciation to people who are helping others	24. Make time to do something playful, just for the fun of it	25. Be kind to you. Do something that brings you joy	26. Notice how positive emotions are contagious between people	27. Watch something funny and enjoy how it feels to laugh	28. Speak to others in a warm and friendly way
29						29. Share a friendly smile with people you see today	30. Make a list of the joys in your life (and keep adding to it)

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