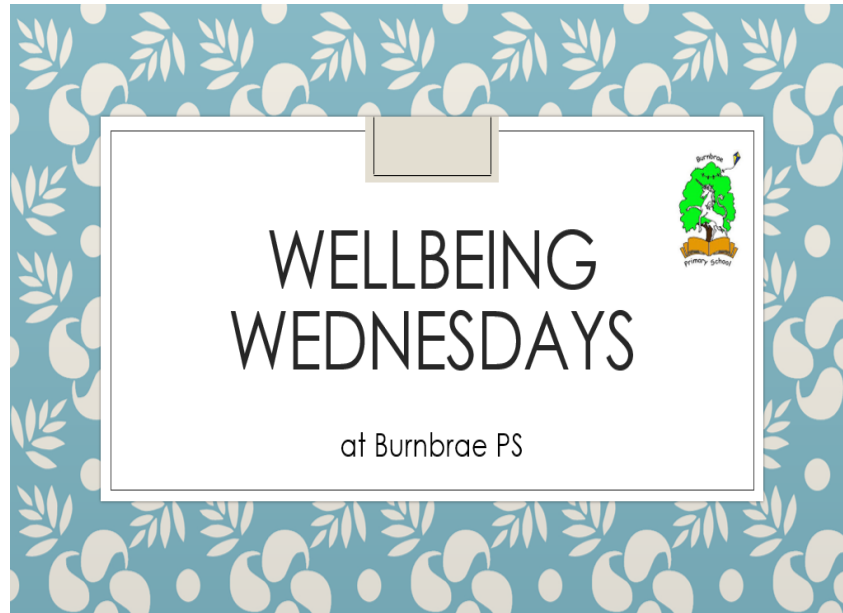


Children's Mental Health Week



What is 'Wellbeing Wednesday'?

Every Wednesday we will have a focus on:

- Exercise and wellbeing
- Mindfulness & Self care
- Trying New Things 'Have a go!'

The expectation is that you spend some learning time on Wednesday focusing on wellbeing activities.

Have a look at our Support for Learning Grid for lots of wellbeing activities!



Wellbeing
Wednesday



Whole School Challenge**Sticking Together while we are Apart**

Even though we are apart it is so important to stick together! By sticking together, we will help and support each other through this challenging time.



This week see if you can find a stick in your garden or while out on a walk. You could use a lollipop stick if you can't find one in nature. There are so many things you can make or do with a stick. Use your imagination and decorate or make something with your stick. You could make a wand, an animal or stick character.

**There will be sticks outside the school office from Tuesday for you to collect and use too if you need one.*

SHARE your Whole School Challenge**Sticking Together while we are Apart**

Bring your finished stick to Burnbrae and place it along the school fence. We'd love to see what you create. This amazing collection of all our sticks will show how much we are sticking together!

Upload your photos or share using the hashtag

#BBstickingtogether



Once we are back at school we will use all the sticks to make bug hotels and other habitats to support the biodiversity of our playground.

Happy stick hunting!



Gratitude is about focusing on what's good in your life and being thankful for the things you have. Try the Gratitude Treasure Hunt below to see how many things you can find to be grateful for!

**Five Facts about Smiling**

- It costs nothing but creates much.
- It's contagious.
- Genuine smiling makes you healthier.
- It takes less muscles to smile than to frown.
- It makes you feel better.

Be curious about the effect smiling has on you! Do you get the same results?

Breathing Space



National Breathing Space Day takes place on 1st February each year, encouraging Scots to 'take some breathing space' for better mental wellbeing.

Breathing Space Day also highlights the support available from the skilled advisors at Breathing Space who provide free, confidential, listening and advice for anyone who is experiencing low mood, anxiety or distress in their lives. Call free on 0800 83 85 87.

How do you take your breathing space?



Every Mind Matters



Every Mind Matters has launched the [Better Health - Every Mind Matters](#) campaign to help people take action to look after their mental health and wellbeing and to support others. As part of the campaign, you can get a free [NHS-approved Mind Plan](#) from the Every Mind Matters website, simply by answering five quick questions. The personalised action plan includes practical tips on dealing with stress and anxiety, boosting mood, sleeping better and feeling more in control.

The [Every Mind Matters Covid19 hub](#) also has practical tips and support on dealing with uncertainty and looking after your mental wellbeing while staying at home. The campaign is supported by a coalition of leading mental health charities, including Mind, Samaritans, Young Minds and Rethink.

Mindfulness Weekly Pebble



Let the impossible go!

Sharon Salzberg writes:

"...the conflict and frustration we feel when we can't control the world doesn't come from our inability to do so but rather from the fact that we are trying to control the uncontrollable."

So, see if you can have some kindness and compassion for yourself—give yourself permission to let go of trying to solve or change the impossible.

When you find yourself going over and over an unfixable problem in your mind, return your awareness to the present moment. Notice your breath, the sensations present in your body, the things around you that you see, smell or hear. For those few moments, let go of trying to fix things you can't control.

You'll be amazed how liberating it is to let go of unsolvable problems!

What You Can Control



Sustrans Outside In



Sustrans are relaunching Sustrans Outside In, a free resource to help those who are looking after their children at home.

Sustrans Outside In provides fun ideas and inspiration for you to bring education, health and wellbeing activities into your home.

You can access resources by registering for their free parent newsletter.

www.sustrans.org.uk/OutsideIn

A sneak peek of Week 1...



Be a heart detective

Today, we'll investigate what activity makes your heart beat the fastest.

Connecting to Nature

As we are all spending a lot more time indoors and with many of us having limited or no access to green spaces or a garden – how can nature reach us, inspire us, and be part of our lives even when we are inside? Try some more of the ideas in the 'Connecting to nature' calendar this week.

Day 7	See if you can make a start on some nature-themed art. You could draw, paint, sew, knit, crochet, model – whatever works best for you. See if you can unleash your creativity.	Day 8	Make a nice, warm drink and take a moment to relax and look out the window – what can you see/hear?
Day 9	See if you can bake something nature-themed, for example cupcakes decorated with flowers, or animal shaped gingerbread biscuits! #bakefornature	Day 10	Look up the song of your favourite bird and take a moment to listen to it carefully. See if you can remember it and try to recognise it on any future walks.

<https://community.rspb.org.uk/ourwork/b/natureshomemagazine/posts/at-home-with-nature-finding-your-connection?CommentId=4c0dc090-0d91-428c-a328-e96c48642f88>

Take in the Good



Gratitude is known to be good for us and those around us. Yet it isn't always our automatic response. Being grateful can help you cope with stress and can even have a beneficial effect on your heart rate and overall wellbeing.

Why does it work? We have a natural focus on what goes wrong in our daily lives often going over and over these things in our head. We are quick to notice even the smallest of problems, yet we rarely spend any time at all dwelling on the good things.

If we take a moment or two to notice the good things in our lives this simple action can be incredibly powerful.

Here's a link to app that can help you cultivate gratitude, or you could start a gratitude journal.

<http://www.izzymcrae.com/gratitude/#info>





EXPRESS YOURSELF

The theme of this year's Children's Mental Health Week is Express Yourself.

As we look after our physical health (our bodies) by doing things like exercising, eating well and getting enough sleep, we also need to look after our mental health (our minds).

One way of caring for our mental health is to notice and share how we are feeling. Expressing ourselves in creative ways can help us do this.

Expressing yourself is about finding creative ways to share your thoughts and feelings through things like art, writing, music, dance and doing things that make you feel good.

See if you can express your thoughts and feeling through artwork or a creative activity that you enjoy this week!

Chill Out Zone

Try creating your own chill out zone soundtrack using the nature and other sound effects available using this free BBC website - <https://sound-effects.bbcwind.co.uk>



Connected Kids



Golden Crown Meditation

Have a go at this guided meditation by Lorraine Murray at Connected Kids to help you manage any worrying thoughts you have.



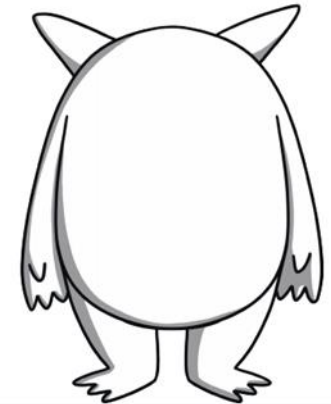
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Feelings Monster

Can you create your own feelings monster? What would it look like? What colour, shape or texture would it be? What would it say, and why?

My Feelings Monster

Can you create your own feelings monster? How do you think they are feeling? Draw a face on your monster and then colour them in. You could write about your feelings monster too.



Phonics - Read Write Inc.

Free Daily Virtual Read Write Inc Phonics lessons at home during school closures. From Tuesday 5th January 2021, we will restart our free Read Write Inc. Phonics lessons on [YouTube](#) for children to watch at home. One lesson at each level will show at 9.30 am each day and be available for 24 hours.

Monday 1st February

Set 1 - j

Set 2 - or

Set 3 - a-e

Reading longer words – ow/ o-e/ oa

Tuesday 2nd February

Set 1 - v

Set 2 - air

Set 3 - i-e

Reading longer words – oo/ u-e/ ew

Wednesday 3rd February

Set 1 - y

Set 2 - ir

Set 3 - o-e

Reading longer words – or/ aw

Thursday 4th February

Set 1 - w

Set 2 - ou

Set 3 - u-e

Reading longer words – air/ are

Friday 5th February

Set 1 - z

Set 2 - oy

Set 3 - aw

Reading longer words – ir/ ur/ er

Journey Stick

A **journey stick** (also known as a **story stick** or **nature stick**) is essentially a memento of a nature walk, featuring items collected whilst on the walk. These might be things like leaves, twigs, flowers, feathers, or anything else natural that you find along the way.

**Literacy Dares**

- Dare your parent or carer to read your favourite book, and in return you read one they suggest
- Dare to draw a picture of how you imagine your favourite character from a book to look
- Dare to write a song about your favourite character/book
- Dare to write a letter to your favourite book character
- Dare to find a poem that makes you laugh

Challenge:

Think you can do better? Share on Teams your most inventive dares that you come up with to challenge your teachers and friends!

Put away digital devices and focus on being in the moment

Numeracy at Home

Early Level

- Count how many things are in the fridge or the cupboard.
- Count how many star jumps or hops you and others in your household can do.
- Investigate different coins and talk about their value.

First and Second Level

- Explain how to work out the value of the graduations on the scales on measuring equipment.
- When baking, encourage your child to explain how they would work out quantities to make the recipe for more or less people. e.g. for making 18 cupcakes from a recipe for 6.

Basic Facts

Addition and Subtraction Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with number bonds. Coins Use 2 coins up to 10 pence. Add their value together.	Numbers to 100 Thigh, clap, snap, snap Create a counting pattern to 100 by patting your thighs, clapping, then snapping your fingers on each hand. Pass With a partner, count up and back to 100 whilst passing an object. Take turns to say each number.
Division Facts Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with division tables. Odd and Even Write out all your numbers to 100 and colour in the odd and even numbers.	Division Facts Coconut Multiples Visit the Top Marks Website and search for Coconut Multiples. Practise your times tables. Target Practice Make a target board in a safe space with numbers from 1 - 10. Throw something soft at 2 numbers and multiply them together.
Single Digit by Multiple of 100 Pass Choose a single digit number. Have a partner throw an object for you to catch and multiply the number by 100. Colourful Tables Write out all your numbers to 100 and colour all the times table stations in different colours.	Products Hit the Button Visit the Top Marks website or download the Top Marks App. Play 'Hit the Button' with products. Choose 5 Choose five 2 digit numbers ending in 0. How many multiplication sums can you make using them?

Times Tables

Active Learning
Times Table Squats

Number
 Multiplication and division

How to Play:

- With a partner or in a small group decide on a focus times table.
- Take it in turns to squat and shout out the correct multiples in order e.g. for 5 times table: 5, 10, 15, 20, etc.
- Challenge yourself to go as high as you can go with your times tables while squatting as low as you can go.
- Maybe one player could squat and call the sum and the other player squats and calls out the answers.

$$5 \times 4 = 20$$

Key Vocabulary
 Multiple
 A number that can be divided by another number a certain number of times without a remainder.

Gold Star
 Call out the times table in a random order

Silver Star
 Call out the times table backwards

Bronze Star
 Complete a times table of your choice in order

Believing in every child's future

BE KIND
TO EVERYONE,
INCLUDING
YOURSELF.