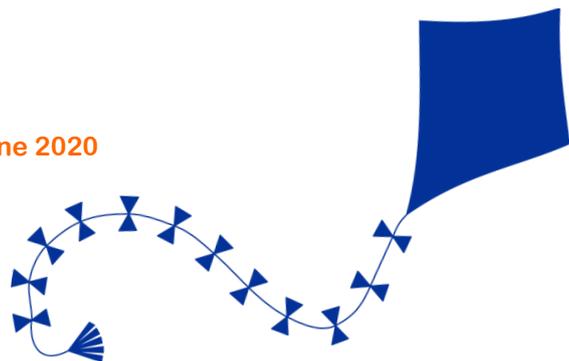


Kyra Wellbeing Newsletter

W/C Monday 8th June 2020



Blog: Easing of Lockdown

Blog written by Claire Blackburn BSc (HONS) dip couns BACP (reg), Counsellor Private Practice.

“As circumstances with Covid-19 and the easing of lockdown continue to create uncertainty, we may all face difficulties and worries in our day to day lives. These worries and difficulties can be more difficult to manage if we have areas of our mental health that we may already struggle with pre Covid-19. While the current circumstances can make looking after our mental and emotional wellbeing more challenging, there are small steps and actions we can take which may make a difference.”

[CLICK HERE TO READ THE FULL BLOG POST](#)

Home Schooling Week 12 – Connection

Anna Miller

“Over the last few days, our son has told us that he just doesn't see the point in talking on the phone or online; it's boring and he just wants things to go back to normal; he wants to play properly not just speak to someone through a screen. We've realised that he is finding the lockdown and home schooling harder than we thought and we need to find ways to help him to connect with family and friends in ways that are meaningful for him.”

[CLICK HERE TO READ THE FULL BLOG POST](#)

Blog: Joyful June

A uplifting and positive from Helen Taylor and Marion Watson, Saint Lawrence C of E Primary School, sent to their school families this week. Shared with kind permission:

“We hope you will enjoy some of these challenges and have a go at some of them. I wonder what you may do, as a family, on Sunday to be physically active indoors or out.”

[CLICK HERE TO READ THE FULL BLOG POST](#)

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joys in your life (and keep adding to them)	“Every day may not be good, but there is something good in every day” ~ Alice Morse Earle				

ACTION FOR HAPPINESS

30 actions to look after ourselves and each other as we face this global crisis together

www.actionforhappiness.org
Keep Calm · Stay Wise · Be Kind

Useful Links

Coronavirus – Resources for Building Resilience: Anna Freud Toolkit 6 resilience-building resources for children, parents/carers and school staff. [Click here.](#)

New workshop created by Healthy Minds Lincolnshire: To support parents/carers to learn new strategies to understand and support their child/young person presenting with anxiety and additional needs. [Click here.](#)

NSPCC Speak Out. Stay Safe virtual assembly: Teaches children about the importance of sharing their worries with trusted adults and/or Childline. [Click here.](#)