



# Nurture Newsletter



Week 4

Hello!

I hope you are all happy and well.

This week, in the Neale house, we are all fine. Alice is learning to be a teacher (she'll have her own reception class in September!) and Molly is learning to teach English as a foreign language.

Yesterday, I was feeling pretty grumpy, as I struggled to find the information I wanted about resilience for our nurture letter. Eventually I gave up and decided to do something that would cheer me up. Molly and I had a lovely walk in the sunshine and it completely changed my mind-set. Later I came back to my laptop and found the resources I was looking for. I find that sometimes if you are finding something difficult if you take a short break it is much easier when you come back to it.

After all this I changed my mind about this week's newsletter and have given some ideas on how to change your mood. Next week's newsletter, however, on resilience is well underway!

Hope you find the activities useful.

Looking forward to hearing you.

Take care. Love Mrs Neale

"What do you want to be when you grow up?"



"Kind," said the boy

Charlie Mackay

**Grownups: You may find some useful resources/info on sites below:**

<https://www.redcross.org.uk/get-involved/teaching-resources/summer-of-kindness-calendar>

<https://www.elsa-support.co.uk/wp-content/uploads/2020/06/Distract-yourself.pdf>

## Tip 1. Do something nice for someone else...

It may seem a strange thing to do to make yourself happy but it's true... honest! Doing a good turn for someone else will make you feel good about yourself and therefore make you feel happier. It has the added bonus of making them feel better too!

**Challenge:** How many of the activities can you complete in the Daily Kind Acts list?

## Fun fact

Smiling reduces the stress that your body and mind feel it is similar to getting a good night's sleep. It also helps to generate more positive emotions within you. Adults often feel happier around children, because they smile more.

## Tip 2. Make a 'happy' list.


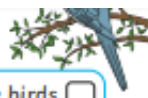


Make a list of things that you can do at home that will help cheer you up.

You could include:

- Chatting to an adult about their childhood.
- Thinking about your own happy memories.
- Going for a bubble bath.
- Going for a walk.
- Getting crafty.

I'm sure you will have lots of your own ideas.

## Daily Kind Acts



Tell someone how much you love them.  Help make dinner.  Feed the birds.

Leave a happy note somewhere for someone to find.  Teach someone something new.

Give someone a hug to show how much you care.  Smile at everybody.

Make a get-well card for someone.  Tidy your bedroom without being asked.

Give someone a compliment.  Write a list of things you are grateful for.

Make someone else's bed (as well as your own).  Pick up some litter.

Tell someone three things you love about them.  Do something nice for a neighbour.

Drink lots of water. It's much easier to be kind when you feel healthy and energetic.

Write and send a letter to someone.  Complain less (or not at all)!

Leave something on the doorstep for a next-door neighbour.  Make a positivity poster.

Remember to say please and thank you.  Use less energy to be kind to our planet.

Draw a picture for a friend, neighbour or family member.

Tell a joke, watch a silly video or do something that makes you and others laugh!

Recycle paper. Try to be as inventive and creative as you can with it!

Share something you love with a friend or family member.

Say good morning and goodnight to everyone in your household.

Hide little messages around the house for others to find.

Offer to help a family member with something.

Practice self-kindness by doing something you enjoy.

# WHY BE KIND ?



## It makes you happy

- Scholarly studies have proven that there's a connection between acts of kindness and boosts in personal happiness.
- Giving to others has a bigger psychological impact than buying things for yourself.

## It improves your health

- There are many health benefits to being kind and giving to others. These include decreased pain from headaches and backaches, reduced acid reflux, higher energy levels, reduced blood pressure, and increased calmness.



## It's contagious

- Your kind act makes the recipient feel a sense of moral elevation that encourages altruism in his or her actions.
- Acts of kindness spread happiness, and people tend to pay them forward.

**Try making something from an item that you would usually recycle.**  
**I made some toilet roll tube owls!**



Thinking about you  
SENDING  
A virtual hug



SENT!  
[www.etsa-support.co.uk](http://www.etsa-support.co.uk)