

# Well-being Wall

## Did you know there are five ways to well-being?

Time and time again, scientific studies have shown us that if we try the five ideas below, happiness will increase. The children and staff will be focusing on them at school and we will provide ideas for you to try at home too.



For further information on the five ways to well-being, please follow the link:

<https://www.mindkit.org.uk/5-ways-to-wellbeing/>

## We need your help!

To fully support our school community and ensure we look after and promote well-being, we are carrying out a Mental Health Audit. Children, parents and school staff will all take part. We would appreciate your participation in completing the audit by rating the statements. There is a space for comments and suggestions under each question. Comments are optional but we welcome all feedback and suggestions so we can provide the most effective support for our wonderful community. You will receive a link via text to complete the audit, which closes on 27th November.

## Expressing and Describing Emotions

The children have been sharing the book 'The Colour Monster' by Anna Llenas. It is a Story about a Colour Monster who is a mix of colours. His friend, a little girl, takes him through each colour to help him understand how he is feeling.

We have used the idea in the story to make large colour monster displays containing each of the monsters with words that describe the emotion he is feeling. The children can add their name card to the emotion they are feeling. The displays give children the language to help them describe and express how they are feeling which is such an important part of their emotional development.

The children have brought their own Colour Monster chart home and they can make their own name label for it too. It is also available to download on our website:

<https://www.cambridgeschool.hants.sch.uk/attachments/download.asp?file=1434&type=pdf>

Below is a link to an online version of the story.

<https://youtu.be/COG0M3o-Glw>

