



THE CAMBRIDGE PRIMARY NEWSLETTER **XXXXXXXXX 2021**

Well-being Wall

Christmas is generally a happy time but all the excitement can be overwhelming for children. Planning activities to promote positive mental health will help. Use the guide below to plan some activities to promote your child's mental health over the Christmas holiday.

My Positive Mental Health Christmas Holiday Planner

The Christmas holidays can be a busy time and are often filled with lots of different thoughts, feelings and emotions. It is important that we look after our mental health during times like this.

Completing a range of activities can help keep our mind healthy and our emotions balanced. Think of all the different activities you could do over the Christmas holidays to look after your mind and write them on this planner.



Physical Activities	Emotional Activities	Social Activities	Play Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.
						


When you
CHOOSE
joy
You feel good
& when you feel
good, YOU do good
& when YOU do good
it REMINDS others
of what joy feels like
& it just
might inspire
them to do
the SAME.



Be kind to yourself
this Christmas,
you are enough.