

MENTAL HEALTH AND WELL-BEING AT IVEGILL C OF E SCHOOL

NOVEMBER 2023

[HTTPS://TWITTER.COM/IVEGILLCE](https://twitter.com/ivegillce)

WELLBEING TIP: SPEND TIME IN NATURE!

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.



Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.

WORLD KINDNESS DAY - MONDAY 13.11.2023

November 13th is World Kindness Day!

Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these simple ideas:

- Compliment the first three people you talk to.
- Say good morning/afternoon as you walk past people.
- Pick up litter. Spend 10 minutes cleaning your local area.

Our whole school assembly on this day will be focusing on the act of kindness.

MINDFULNESS AND CREATIVITY

The work of natural artist Andy Goldsworthy is very beautiful and could inspire a lovely family activity on a trip to the woods or even in your own back garden. Why not spend a bit of quality time together creating and enjoying your own natural masterpiece this half term, using the wonderful autumn leaves, fruits, berries and nuts to be found all around us?



As ever, if you feel like you would like to talk to one of the team, please email us on parents@ivegill.cumbria.sch.uk, or through the class teacher.

Many thanks
Mr Trickett