



Wellbeing... what will you do this weekend to look after yourself and others?
Remember the Wellbeing Star? Why not add to this-

6 REST WELL
Sit and reflect on what has gone well today. Have an early night!

6 Rest Well Rest is good for us. It can be time to be still, to relax our body and mind. A time to be, as we listen to the sounds around us. A time for reflection, to think about what has gone well today. It can also be about getting enough sleep, deciding to have an early night. There's lots of information about how much sleep we need depending on how old we are ([CLICK HERE](#)) and that is good to be aware of. Choosing to look after ourselves by getting enough sleep helps us to take charge of our wellbeing. Why not have a warm bubble bath to help you get cosy and choose to get an early night this week.



Relaxation: Get a cushion and sit at a window or glass door facing the outside. You may see a garden, houses, trees or the sky. Take a moment to look then close your eyes and open your ears. Focus on the sounds you hear, the clock ticking or the car in the distance, a train, a bird a dog bark or footsteps. Take time to listen to the different sounds you can hear, can you hear your breathing? Enjoy listening to your breathing before opening your eyes. Can you remember all the sounds you heard?

One of my favourite books to dip into is called The 5 Love Languages of Children by Dr. Gary Chapman. It's a book for grown ups but the website has fun quizzes for all the family. You will need your grown up to help you check out the website and discover your love languages. <https://www.5lovelanguages.com/5-love-languages/>

Have a good weekend,

Mrs Stevens