mples for content that could be used in school newsletters



Rey: Bolded and Underlined words are wellbeing THEMES

Just bolded words are topics to support the THEME

- Our tip, get your library on board! Read books that support awareness of character strengths, emotions, resilience etc. Check out our recommended book list for further.
- ideas.
 The below blurbs have been taken from various schools, excerpts of our Flip to Flourish guide book and our blog

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Our school has started using a program that promotes whole school flourishing called Grow Your Mind. During our first session we explored all the ways we look after our physical health daily. Boxing our teeth, earlier first and vegetables, drinking water etc. Then we explored how we look after our minds on a daily basis. This was harder to do initially! Children were then asked to point to their toes, their heart, their prefrontal context.—I and so the pourney has began of brain awwereness. Listen out for your child talking about shrinking their Guard Ogo, or growing their Wise Out, their Elephant and their sifting Source was the context of their Guard Ogo, or growing their Wise Out, their Elephant and their sifting Source.

Grow Your Mind mental health tip #1:

- To shrink your Guard Dog (aka your amygdala):
- Take 3 anchor breaths
 Try finger breathing
 Think of one thing or person you are thankful for

Looking after your mind:



3. Gratitude journal to protect my mind...?

Gratitude what? It doesn't have to be a journal. Just spending I minute a day thinking of the good things you have in you till fee snough to start building up your resilience for whatever if the throws you. So you have in you till fee snough to start building up your resilience for whatever if the throws you. So you have in you till fee snough to start building up your resilience for whatever if the throw you. So you have in you till fee snough to start building up your resilience for whatever it the throw you. So you have in you like a so you have in you have in you will Why?

Scientists have studied what make, people happy and what make sheen bouned tack after hand times. The common there: graining the happy and what make sheen bouned tack after hand times. The common there: graining the happy and what make sheen bouned tack after hand times. The common there graining the happy and what make sheen bouned tack after hand times. The common there graining the happy and what make sheen bouned tack after hand times. The common there graining the happy and what make sheen bouned tack after hand times. The common there graining the happy and what make sheen bouned to the hand t

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"Be kind, everyone you meet is fighting a battle you know nothing about" Unknown



Wellbeing tip:

#1 Be kind. It won't cost you a cent.

 $\mbox{\it M2}$ Before your Guard Dog reacts, take a breath. Maybe the person who is bugging you is just having a tough day.



By now you may have heard your children talk about their Guard Dog. At Grow Your Mind we have created animal helpers to represent key parts of the brain. Our Guard Dog represents the amygdala, a really useful though slightly over reactive part of our brain!

This week children explored how being kind and Dog. There is an important step before showing the boost your connection. When we feel being friendly, ladging with others, and all ways to ourselves and to the people and animals around us. Please ask your children to share with you there well whiste for the planet and for the people they love. There were some absolutely beautiful comments made.

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It is super simple. You feel good about yourself when you are kind to others.

Wellbeing tip:

#1 Plan three kind things you will do for others today

On friendliness:



in' to someone as you pass them at school, offer to help someone, really thank someone, not a person's eyes. These are all micro moments of connection. When we positively ct with others, we are more able to be kind and to be tolerant. Such important stirely scite at school. How friendly is our school? Do you say hi to other parents, teachers and tas you pass them.

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We have a lot of distractions around us. Try noticing when your thoughts are drifting away from what you are meant to be doing.



#1: Name one thing you can taste, smell, hear, see and touch. This will bring you back into the present moment and allow you to regain your focus.



Focus:
The focus this week in Grow Your Mind was all about...
focus! So, what does a famous musician, a sports star
and a tight rope walker all have in common? They have a
strong reticular activating system (RAS).

At Grow Your Mind we call this part of the brain the Sifting Sooty. Named after the real Sooty Shearwater who has the most incredible focus in the animal kingdom. Flying up to 500km a day, you would want to have a strong RAS!

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Every time you catch yournelf asying something negative, ask yourself, "Is there a 'dolph way' to look at this problem?" More often than on, there will be a more positive way to thingst Life is full of ups and downs - sentencines it is 'life. Sentencines it is 'life. They and thin thingst Life is full of ups and downs - sentencines it is 'life. They are the sentencines is 'life. It was not to be sentencines it is 'life. They are the sentencines it is 'life. They are the sentencines it is 'life. They are the are they are they are they are the are they are



Grow Your Mind is all about shrinking your Guard Dog – and not just for those times when you are angry. Sometimes when we are nervous our Guard Dog stops us from trying, just in case we fail. Well, Amy Cuddy (Harvard University) has researched the power of holding a power pose Get your kids to show you one!

#1 Practice the poses, next time you feel nervous try holding one and see if it helps!

On emotional regulation and nerves:

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Shrink your Guard Dog with finger breathing:

Our Guard Dog (amygdala) gets stress wrong sometimes. It mistakes every day stress like a friend leaving you out of a game, failing a test, not getting your way et as a threat to your like Sometimes we fail influe conservationing pushing or passing in a way we later feel suddenly – or sick in your belief of the suddenly – or sick in your belief of Sive your Wise Owl a chance to switch on by this simple breathing technique.

Trace your fingers on your left hand with your right hand's index finger. As you go up a finger breathe In and down the other side: breathe out. Trace the entire hand and then



ee deep breaths. Breathe in for three seconds and hold, breathe out for three seconds. Repeat this several times. You are giving your brain a chance to start talking to se Owl again, so that when it comes to the thinking part you can make a good. When you practise being a traffic light, you are also practicing impulse control. good impulse control sets you up for academic and social success.

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How is the weather today? Sunny? Rainy? Windy? Freezing? Will it be the same tomorrow? Probably not. And neither will our mood. Our emotions come and go. Sometimes it is super-easy to let our strong emotions like namely or anger be the boss of us, instead of the other way round. One way to be the boss of our emotions (which means we make an active choic in the best way to respond) is to tap into our internal weather. How do you do this?

- Stop and breathe. What am I feeling and where in my body am I feeling?
 If there is a storm raging what can I do to calm it down a little?
 Take three deep breaths and remind yourself this moment won't last!

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On Growth Mindset:

The power of YET!



Grow Your Mind has been exploring growth mindset with K.6. Children investigated what it felt like to say the things they could not do and then to say them again with h Yat at the edt. This is stending your brain that intelligence is not fixed and that we are all capable of growing and how this mistake actually helped them master a new skill. Each how this mistake actually helped them master a new skill. Each classroom has there over Tilligot Following filled with images that promote ways to look after your mind. These three images were the focus of this week's emotional well-being learning.

What you have sensible grow, integral your relief flower will Treat mistakes as a chance to learn and grow #1 Treat mistakes as a chance to learn and grow

#2 Start adding YET to the things you tell yourself you cannot do



Slick with things lookay

The harder you try without giving up, the more you will learn. When you do something hard you are training your brain to be fit and strong. You are telling yourself that you can keep stretching and growing your brain throughout your life. Almost as if it were elastic.

Nobody wants to make mistakes, but everyone does. How you react to them makes a big difference to whether you learn from them or not. If we problem solve why the mistake hannesed then the brain will be more alert the next time you try.

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This week in Grow Your Mind K-6 explored how moving our bodies can be incredibly beneficial for our mental health. Everyone had a go at trying to find their pulse, speeding it up and then using breathing techniques to slow it down.

K-2 came up with a plan of the fun ways they can move their body every day.

Year 4-6 discussed the role of endorphins on our mental health and created their own check list for looking after their mind.

Grow Your Mind #1:

Everyone a bit grumpy in your house on a Sunday morning? Get out and move your body.

Jump on a bike, go for a walk, head for a swim. Move and notice the mood lift!

Grow Your Mind #2: Feeling nervous? Perhaps anxious about something coming up? Feel your pulse, take some long deep anchor breaths and see if you can bring your pulse down a bit.

*On character strengths

There is nothing special about character strengths!

We all have them! Yet there is something special about getting to know all of the character strengths and using the ones that you currently have for good.

If Get to know your strengths, ask people you trust around you if you are stuck If Call on the strength you need in any particular moment e.g. perseverance I need you to help me finish this task with a switch from thinking about all of the things you can't do YET and focus on the character strengths you have.



(CRITICAL)

What are your strengths? Are you patient? Are you funny? Are you fuchble? Are you know your strengths, you can use them to flourish in life and to get through tough times.

What are your strengths?

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Healthy friends are like healthy foods .
What' Well a healthy food gives you energy and nourishes you. A healthy friendship does
just he same A. "Feel good friend is someone who you can be completely yourself with. You
don't need to impress them and you don't have to garee with them about everything. The key
impredients to a healthy friendship? Trust and respect.

"The only thing that really matter in life are your relationships to other people" George Valliant (lead researcher of a 75 year long study into wellbeing at Harvard University.)

Want to know the key to living a long, healthy and happy life? Money? No! Having lots of top? Yo! Having lots of friends? No! Feeling connected to the people you care about? Yes What does that mean? Well fry lot feel like you can be yoursel with your friends, who can have that with them and that you can rely on them when times are tough – you will on average live a longe, more healthy like.

- #1 Put down your IPAD/PHONE/LAPTOP #2 Really listen to your friend #3 Ask them about themselves #4 Play with them (a game, a joke etc.)



It is easy to be kind to people we really like. It is easy to show compassion to people who don't bug us. But what about ALL of the people in your class? Do you know them? Do you know what they like to cal, what their fivourite colour or sport si? Challenge youself to find out something about someone you don't really know. When our class is connected to each other we are more likely to be kind.

On compassion:

Guess what? When we act with compassion towards ourselves and others we actually boost our wellbeing. To be clear, compassion is different to empathy. Empathy is also fantastic, in that you really feel for someone when they are sad, happy, made et. However compania takes it one step further in that you not only feel for a person, you act on that feeling to actually do something to help. That carriega nat is where the magic comes in for our minds. The research on what kindness does for our brain is indeed extensive and uplifting.

- Start with self-compassion: when you make a mistake or act in a way you feel bad about treat yourself like you would treat a friend forgive and move on.
- Get to know everyone in your class and beyond: smile, ask questions and be inclusive because when we feel connected to people we are more able to show compassion

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Be present: give people your attention, really listen. When you are present you can be compassionate because you notice what people around you might need



Wellbeing tip:

#1 Before you judge someone and before your Guard Dog gets big and bossy. Pause. What might life be like for that person?

Perspective
Is it a rabbit or a duck? It depends on your perspective. When our Guard Dog is nice and small it is easier to see someone else's point of view. If we practice listening mindfully when we are having an argument or discussion, we might find that we can reach an agreement



a find yourself arguing with someone, try reminding yourself of the ogy. Perhaps you are both a little bit right?!

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On wellbeing:



If you get sick you might have a dose of medicine: To stop yourself from catching a cold you may have a dose of vegetables. Well, to protect your mind and boost your wellbeing learn about your brain by using this DOSE accuraty. Each letter attack for a conveying the property of the pro

Learn the D.O.S.E.



On joy and positive emotions:

What brings you joy? Playing with friends or your anima?! Drawing? Dancing? Playing a sport? Joy is part of a list of positive emotions and when we feel these particular emotions we tend to be more flexible, greater at problem solving and more capable of being kind.

How do you take note and create more joy?

1. Make a list of the things that bring you joy: Stick it up somewhere you see often, what on the list could you do daily?

Stick it up somewhere you see often, what on the list could you do daily?

Joy Perhaps you will get implication from them and if not you are making a connection with someone may be a list on a great for or meant beath and you will be a list of the still you will be a list of you are making a connection with someone perhaps when you have you take your next test, do public speaking etc.: Be curious, did it help?

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On resilience:

What did happen to Humpty Dumpty after this fall? Was it all over? Or did he go on to do incredible things as a result of his fall? Ask your children, they might be able to tell you about resilience. When we bestame insulfation for nigo assistances into the present moment by noticing the things we feel handful for we build up our estilence in the process. Sudents missiles that the part of the process sudents in the present process that the process sudents missiles in the part had not only helped them to learn, but also to flourish. E.g. when learning a new piece of music, it can feel really uncomfortable –almost like you are in MUL. It can help to be mindful of the fact that this wort last forever and that out of the MUD can come something as beautiful as a lotus flower = e.g. playing music with confidence. No MUL. No LOULS. NO STRUGGLE. NO ROOWTH.



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