

Codnor Community Primary School



Newsletter

And just like that, we're at the end of another school year, with the long, (hopefully) hot summer holidays stretching before us! A time to relax and unwind for grown-ups and children alike. Happy memory making!

Three Good Things

is a simple and easy-to-use app, helping children focus on the positive and recognising what went well today (Age 6+). Children get to list three things daily that went well, which begins to train their mind to look for things to appreciate and be grateful for. If you don't want to use technology, you could simply share your 3 things over tea or at bedtime. Alternatively you could create a gratitude jar. Children can decorate an old jar or pot with a lid and can then write their daily positives on slips of paper and pop them inside. These can then be shared later.



Mindfulness Rainbow Walk.

Go for a walk with younger children and be mindful of all the beautiful colours you can see. Get them to write what they see in each colour of the rainbow. They might see several things that are red, yellow, blue, green and orange. The aim of the session is to use their power of sight to notice things around them right now in the present moment. When they have written the things in the rainbow they can carefully colour their rainbows with coloured pencils so as not to hide the writing.



<https://www.elsa-support.co.uk/mindfulness-rainbow-walk/>

Create A Family Playlist!

Listening and sharing music and songs together as a family is a really lovely experience and creating your own family playlist provides a wonderful opportunity to talk, share and have fun together. You could ask older children to create one for you and you create one for them...



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Key Dates

30th July—International Day of Friendship



The theme this year is the importance of friendship and its positive effects on people and communities; to value and care for current friendships, and promote new ones across different cultures and backgrounds.

My Happy Place!

With the thought of changing classes or schools, your child may feel sad, worried, angry or lonely and it is important to know that it is OK to feel all of these emotions at times. We just need to develop ways to manage these feelings. A useful strategy is to have a 'happy place' that you can escape to—this can be a real place or somewhere pictured in your mind.

Ask yourself:

- Where is your happy place?
- When you think of your happy place, who is with you?
- What do you have with you in your happy place?
- What is it about your happy place that cheers you up?

Then visit your happy place or close your eyes and imagine you are there. Keep this happy place with you and remember it when things are tricky.

Don't forget—your happy place can change at any time. It's up to you!

