

Dear Parents and Carers,

I have gathered some activities that may be helpful for children's wellbeing and can be easily incorporated into home routines over the summer holidays.

The resources are:

- Wellbeing through sport – a six-week programme
- Stress buster activities – based on yoga poses
- How to make a worry doll – instruction sheet

I obtained these resources from this website:

<https://www.mentallyhealthyschools.org.uk/>

If you are interested in finding further activities, then you can register for free and can download a range of resources to support mental health and wellbeing for children and young people.

I wish you all a relaxed and enjoyable summer.

Kind regards,

Mrs Callaghan

Senco