

It's really important that during these challenging times caused by the coronavirus that we pay close attention to our own wellbeing, and the wellbeing of those around us. This page is full of helpful ideas and links to resources that can support you to look after yourself and your loved ones. At Woodside we understand the importance of the 5 ways to Wellbeing. → → → → → ↓

This newsletter will focus on **CONNECT**. – Good relationships are important for your mental **wellbeing**. Here are some ideas!



The Rainbow Massage™

The Rainbow Massage is a lovely touch activity to share at home with your family. Click on the link below to access it!

<https://massageinschools.com/rainbow-massage/>



Another way to **CONNECT** with others and raise people's spirits is to create your own masterpieces and display them in your window for others to see and enjoy! You can use anything from paint to crayon, chalk, pencil or felts.



Useful Links:

Try out these recipes together:

<https://www.nhs.uk/change4life/recipes>

Dudley take Five:

https://www.youtube.com/channel/UCINIU7Dijv_eH50BJ1vOOOg

Young minds:

<https://youngminds.org.uk/resources/>

CONNECTIONS can be made in many ways, why not try the Makaton sign for Good Morning and Good afternoon!

https://www.youtube.com/watch?v=ZjgNIA_woyo

