

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 **TAKE NOTICE** – Take some time to enjoy the moment and the environment around you. Go for a walk and listen and take notice of what is around you.

<https://www.youtube.com/watch?v=ossVbMjWajc>



COSMIC YOGA!

Interactive adventures which build strength, balance and confidence - and gets kids into yoga and mindfulness early!



<https://www.youtube.com/user/CosmicKidsYoga>

- Mindful breathing is a super way to calm ourselves, try this link out,
- scroll down and there are more useful ways to be mindful each day.

Use this link - <https://www.mindful.org/a-five-minute-breathing-meditation/>

Rainbow Breathing - <https://www.youtube.com/watch?v=O29e4rRMv4>

You may find that you want to use this before bedtime, as a useful way to calm you, your child and feel settled for the bedtime routine.



Useful Links:

Meditation for Everyone:

<https://www.headspace.com/covid-19>

Mindful eating:

<https://www.headspace.com/mindfulness/mindful-eating>

Mindful breathing:

<https://www.youtube.com/watch?v=wfDTp2GogaQ>

Take notice of how you are feeling, this pandemic is a worrying time, why not try making a worry monster: <https://dmbcwebstolive01.blob.core.windows.net/media/Default/ChildrenYoungPeopleFamilies/The%20Worry%20Monster%20Guide.pdf>

Tips to bear in mind:

https://www.youtube.com/watch?v=nE6WCTnKH8&feature=emb_logo