

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 **GIVE**: Do something nice for someone in your family bubble. Thank your adults and siblings for the things they do. Doing something for others can be very rewarding, makes you feel good and connected.



<https://www.youtube.com/watch?v=IHegXvu5uo4>

FOR GROWN-UPS!

Volunteering opportunities: There are many volunteering opportunities across Dudley. [Dudley Council for Voluntary Service](#) will help to find the best opportunity for you.

Give to a charity: Such as the [Black Country Foodbank](#) or any other good cause you feel you would like to support.

Help a neighbour: Watch out for those you know are vulnerable in your community, check that they are not struggling and offer a helping hand where you can, please keep to [Government Social Distancing Guidelines](#)

Give to a friend or family member: Why not give a friend or a family member a telephone call to find out how they are and give your complete attention, why not access the [six tips for active listening](#) so you can give your full support.



Don't
give
up.



This Half term holiday we have **Shrove Tuesday on 15th February!** Why not follow this link for quick & yummy American pancakes:

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

Do you do things differently? Share any of your fabulous photos on your Google Classroom!!



Useful websites: Go on Give it a go!

- **BBC – My World Kitchen CBeebies link, give time to make something together:**
<https://www.bbc.co.uk/cbeebies/shows/my-world-kitchen>
- **Saltdough recipe – Share together**
<https://www.yummytoddlerfood.com/activities/the-best-salt-dough-ornaments/>
- **CBBC Joke Generator – give someone a laugh even if they are a bit cheesy, write it in a card you made.**
<https://www.bbc.co.uk/cbbc/quizzes/dad-joke-generator>
- **Give time for yourself:**
<https://www.bbc.co.uk/cbbc/joinin/bp-check-in-with-yourself?collection=cbbc-top-picks-today>

THERE IS MORE ON THE FOLLOWING PAGES

Share photos on Google classrooms!!!!!!!!!!!!



With Valentine's Day coming up, why not give these a try? Surprise someone and make their day!

Heart Biscuits

Makes 30 Portions

Suitable for freezing

Preparation 10 minutes

15 minutes cooking time

160 C°, 325 F°, Gas Mark 3

Ingredients

- 500g plain flour
- 250g butter or margarine
- 140g icing sugar
- 2 teaspoons vanilla extract
- 1 tablespoon milk



Method

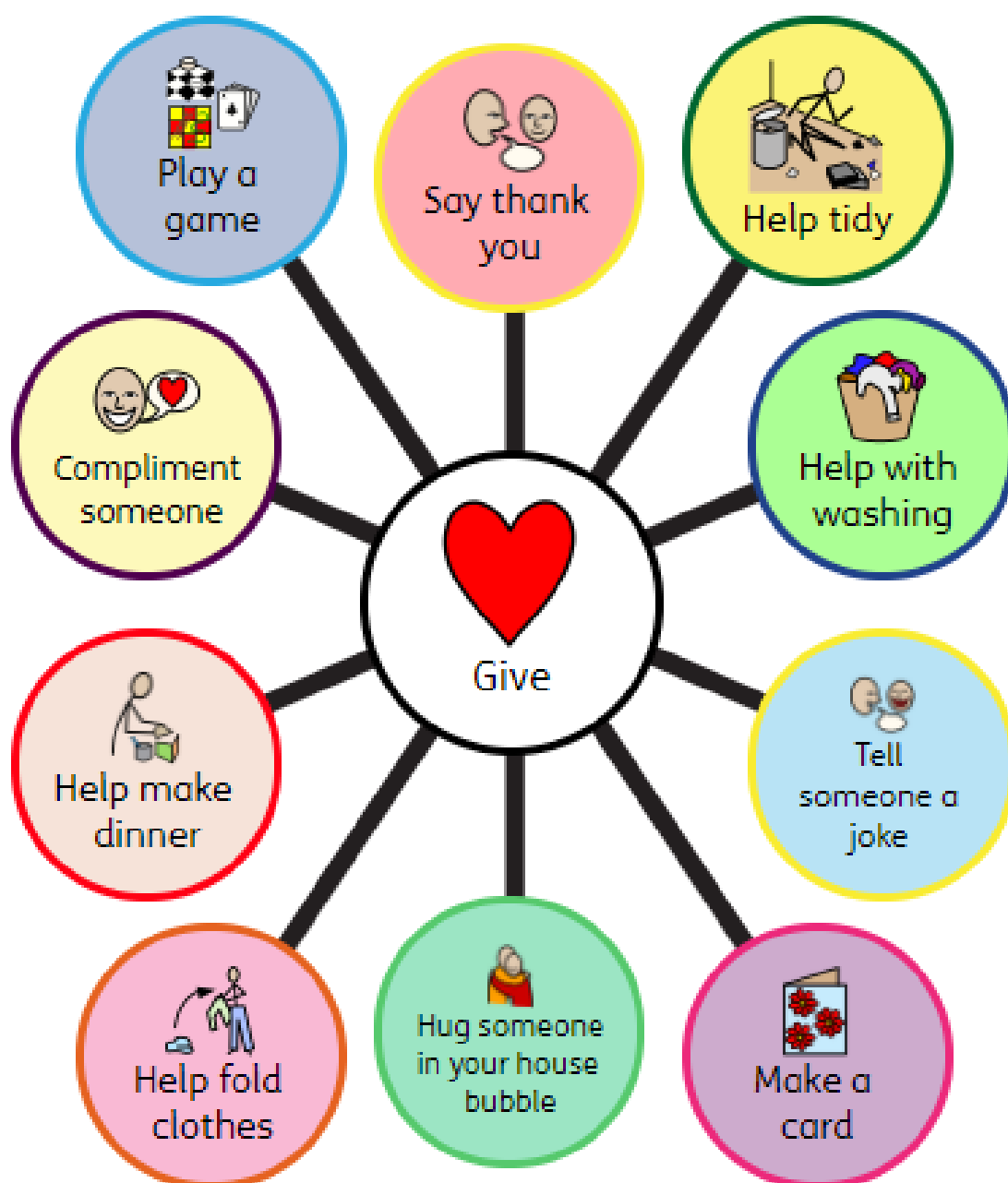
1. Preheat the oven
2. Rub together the flour, icing sugar and butter to make breadcrumbs (you can use a food processor but for children hands are more fun!)
3. Add the milk and vanilla extract and mix with your hands until it sticks together
4. If you have time chill for 30 minutes but my kids are usually too impatient so we use it straight away!
5. Roll out to about 5mm thick on a floured surface.
6. Use cutters of any shape.
7. Bake on a baking tray for 12 minutes. Cool on a wire rack
8. Decorate with icing or melted chocolate or leave plain-still delicious.
9. You can adapt the recipe by adding chocolate chips or use wholemeal flour.

Serving suggestion Decorate with icing and sprinkles.



★ Remember what a positive impact **GIVING** time can do for those around you. Who can you make a difference to today?

Give a little time to your loved ones



What can you do to help your household?

Make Salt dough ornaments/gifts to give to someone special (socially distanced of course!)

BEGINNERS GUIDE TO SALTDOUGH!

INGREDIENTS IN SALT DOUGH

To make this recipe, you'll need:

- 1 Mug/ cup of table salt
- 1 Mug/ cup all-purpose flour
- Add little water at a time

TIP: That's it! (We buy store brand, cheap flour for this project to keep it very budget-friendly.)

METHOD

1. Measure out the flour and water. (photo 1)
2. Add the water. (photo 2)
3. Stir with a wooden spoon. (photo 3)
4. Keep stirring until the dough is mostly together and is hard to stir any longer. (photo 4)
5. Knead a few times with hands to bring the dough together. (photo 5)
6. Place dough between two pieces of parchment paper and roll out. (photo 6)

TIP: You can divide the dough in sections so multiple kids can have their own dough to work with.



Once you start rolling, here's a look at what will follow if you want to make these into ornaments. (Skip the hole poking if you want to just make these as shapes for the kids to paint.)

1. Roll out, changing directions occasionally, until about 1/4-inch thick. (This may not get precise if you're working with kids and that's okay!) (photo 1)
2. Stamp cookie cutters. (photo 2)
3. Remove the dough around the shapes, transfer just the shapes to a parchment-lined cookie sheet. (photo 3)
4. Poke holes so you have a place for a string to hang as ornaments. (photo 4)
5. Press in a hand to make a handprint, if desired. (photo 5)
6. Bake in hot oven until hard, let cool and decorate! (photo 6)



GIVE it a go!

Mindful colouring for children and adults

If you are able to print this off, give yourself some time to enjoy colouring these in.

