

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. → → → → → ↓

**CONNECT** – Good relationships are important for your mental wellbeing.



Games are a great way to **CONNECT** with another person in your family Bubble! **See the following pages for some make your own games!**

Or if you have any other games, dust them off and give them a go!

## • Snakes and Ladders



- Puzzles
- SNAP!
- Uno
- Connect 4
- Battleships



**Read aloud to your family bubble to listen to. This will give you more confidence and a chance to try out some funny voices for the characters in your story!**



## Useful Links for Grown-ups and Children:

- Connect with your teacher if you need help. Use your Google Classrooms!
- Make contact with a food bank if you are struggling:  
[www.blackcountryfoodbank.org.uk/locations/](http://www.blackcountryfoodbank.org.uk/locations/)  
Or telephone them on 01384 671250 for advise on where you need to go.



**CONNECTing** is about making time to listen to others and asking how they are feeling, making those connections are invaluable for most people, Why not have a go at making your own Feelings Word search?

See further on in this newsletter.



Can you make something like this using your Family Name and how you feel about each other? Perhaps you could display it in your home once you have finished it?



You can use whatever you have available, pencils, coloured crayons, felt tips, gel pens

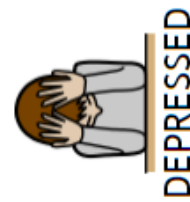


What exactly is kindness? What is it to be kind? Is it being helpful? Being polite? Does it have to be a big act to be more kind? Well maybe the smallest act is the most powerful. This story shares some beautiful thoughts.



<https://www.youtube.com/watch?v=kAo4-2UzgPo>

# Woodside Feelings Word search

[illegible]



## Woodside Family

## Connect time Game!



START



1. Roll 6 to start

2



3. Sign your name

4



5. Pull a funny face

6



7. Give a compliment

8



9. Do 10 step ups on a step

10



11. Pick up a pencil with your feet

12



13. Balance a cushion on your head

14



15. Do 20 jumping jacks

16



17. Skip around the room

18



19. Sing your fav song

20



21. Name one bird

21



22. Smile

23

24. Spell your name backwards

25



26. Hop on one leg!

27



28. Name a tree

29

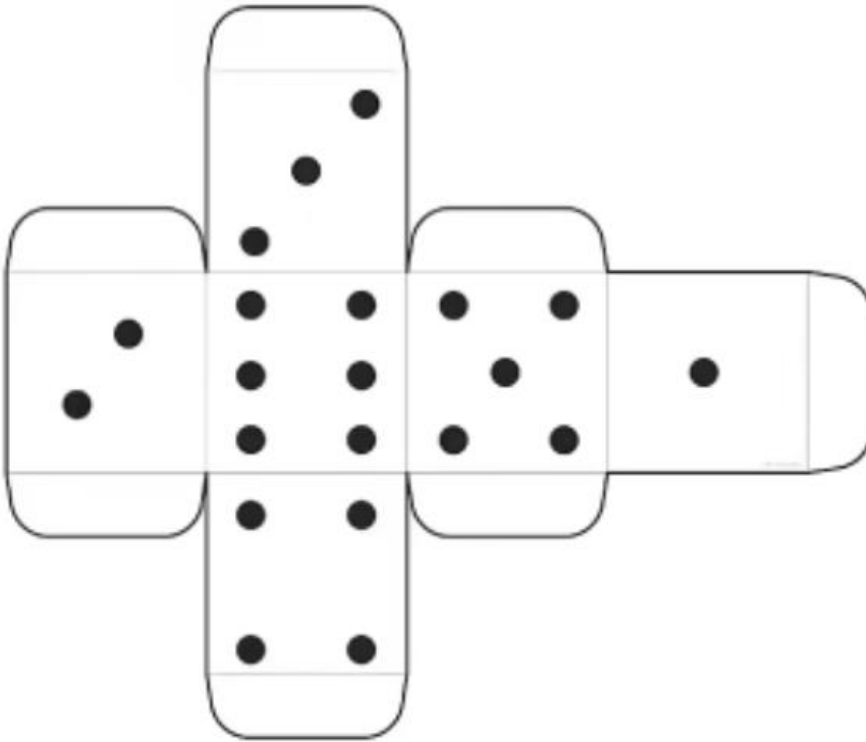


Finish

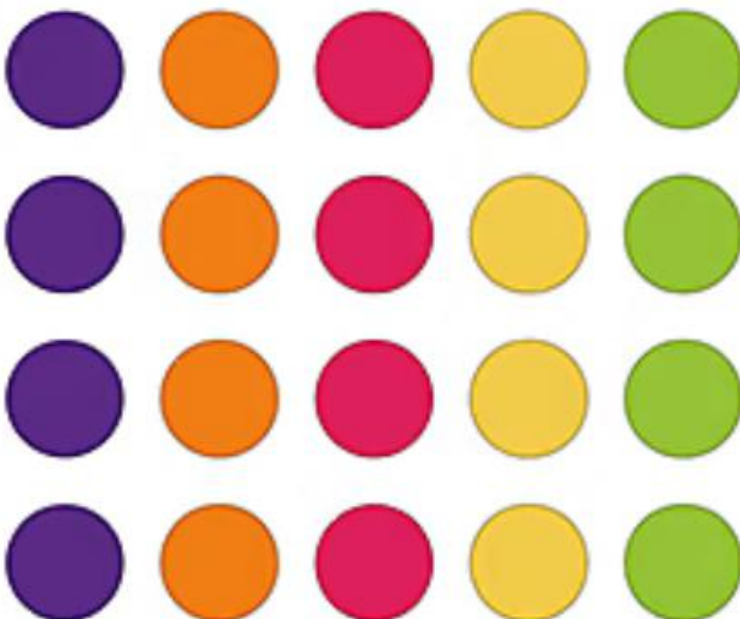
WOODSIDE FAMILY CONNECT TIME GAME! (It's a bit of a mouthful but you can make it really fun!)

All you need to play the game is a dice, and 4-6 counters.

Here is a template for a dice and counters if you do not have any in your house.



1. Print and cut out the template, make a fold on the lines and then stick the end tabs to form a 3D dice.



2. Print out and cut as many out as you need and get playing!