

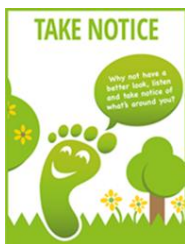
It's really important that during these challenging times caused by the coronavirus that we pay close attention to our own wellbeing, and the wellbeing of those around us. This page is full of helpful ideas and links to resources that can support you to look after yourself and your loved ones. At Woodside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

This newsletter will focus on **TAKE NOTICE** – Take time to notice not only the world around you but how you are feeling and know how to do something about it.



## Useful Links:

**Outdoor Space:** Enjoy your outside space or views by taking the time to appreciate and identify wildlife. [The Royal Society for the Protection of Birds](#) can help you get started and [Wildlife Watch](#) can help the whole family connect with nature, this is also suitable for children.



**Indoor Space:** If you don't have an outside space you can try to bring nature inside by creating an indoor garden. The BBC have a guide to looking after house plants, click [here](#) to find out more.

## Try this link:

### Mediation explained

<https://www.youtube.com/watch?v=o-kMJBWk9E0>

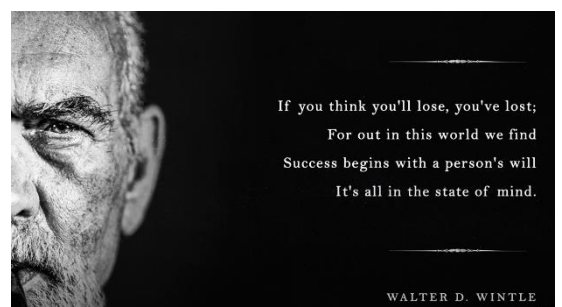
It only takes a few minutes. This could help you begin to take notice of how you feel when you really need it!



Take time to notice and reflect upon these words...

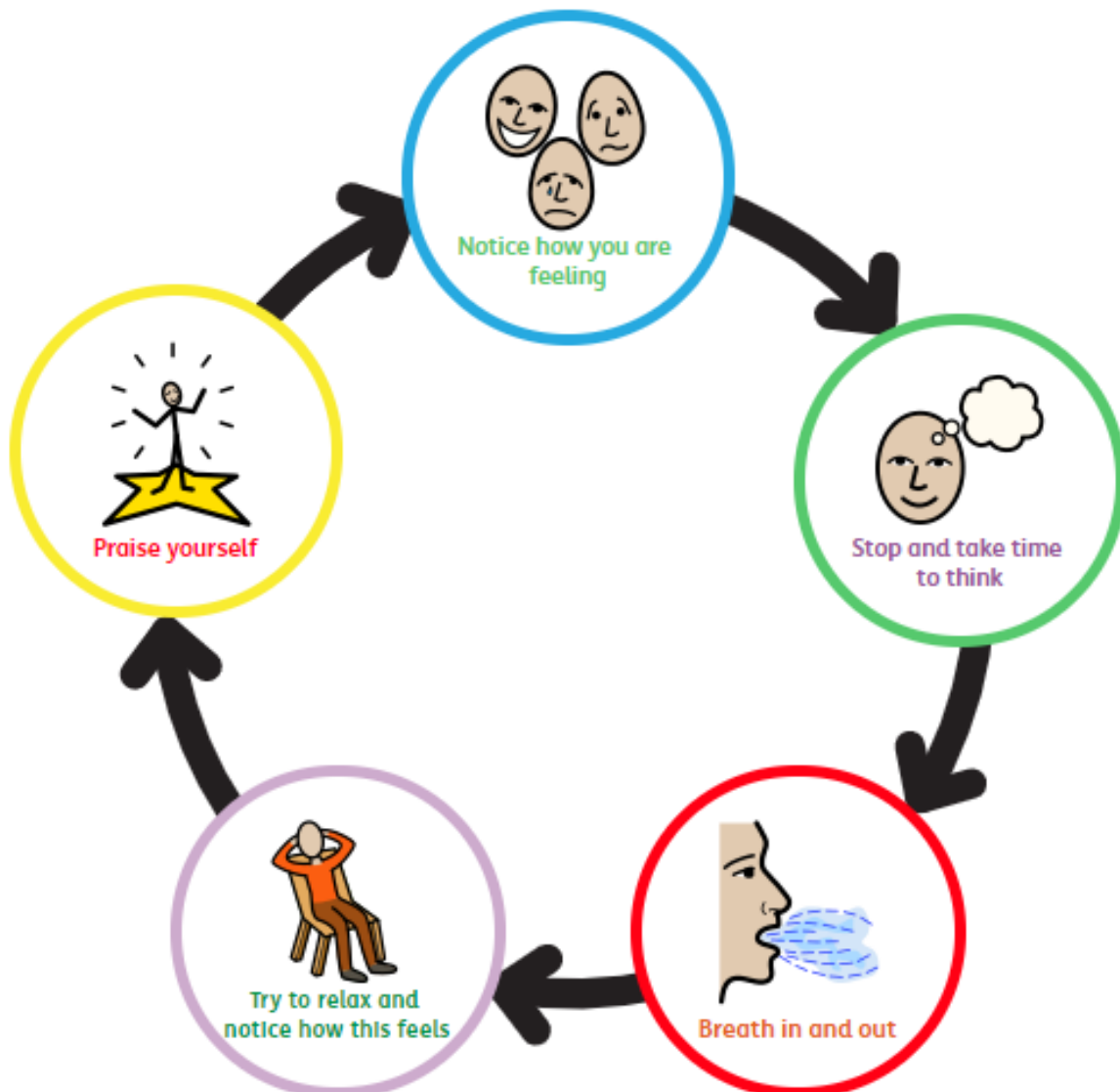
### State of mind by Walter D. Wintle

<https://www.youtube.com/watch?v=m5HKMfRzEgM>



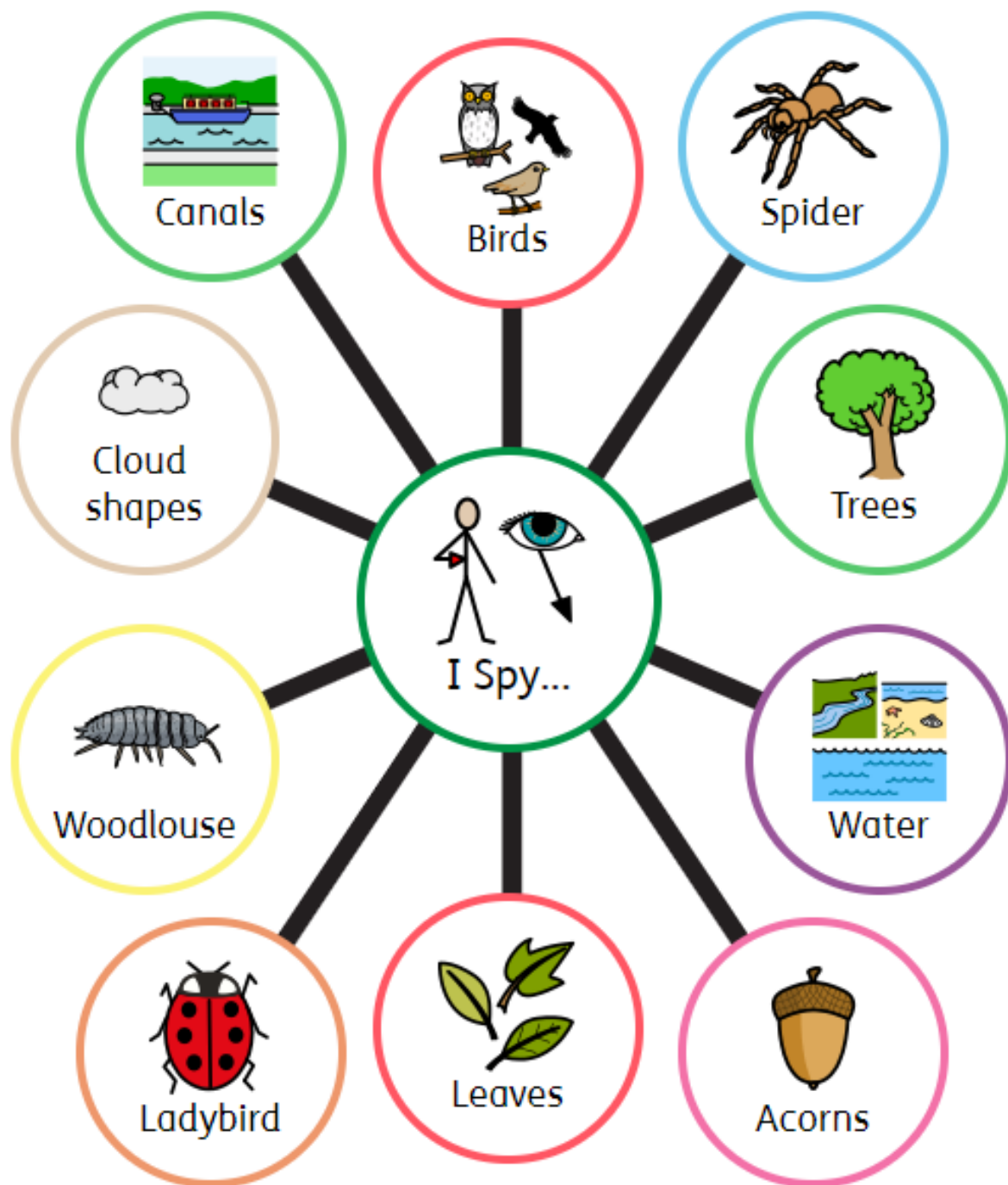
If you are feeling low or you are unsure of how you feel today, try these steps below.

## Take notice of your Worries and Feelings



If you feel yourself getting anxious or worked up, take time out for you.

## Nature Eye Spy



Why not play this while out on your walk!

**Make your own WILD TREASURE Jar/Bottle** – Find out an old see through vase, or an empty pop bottle with the top cut off and rinsed out!

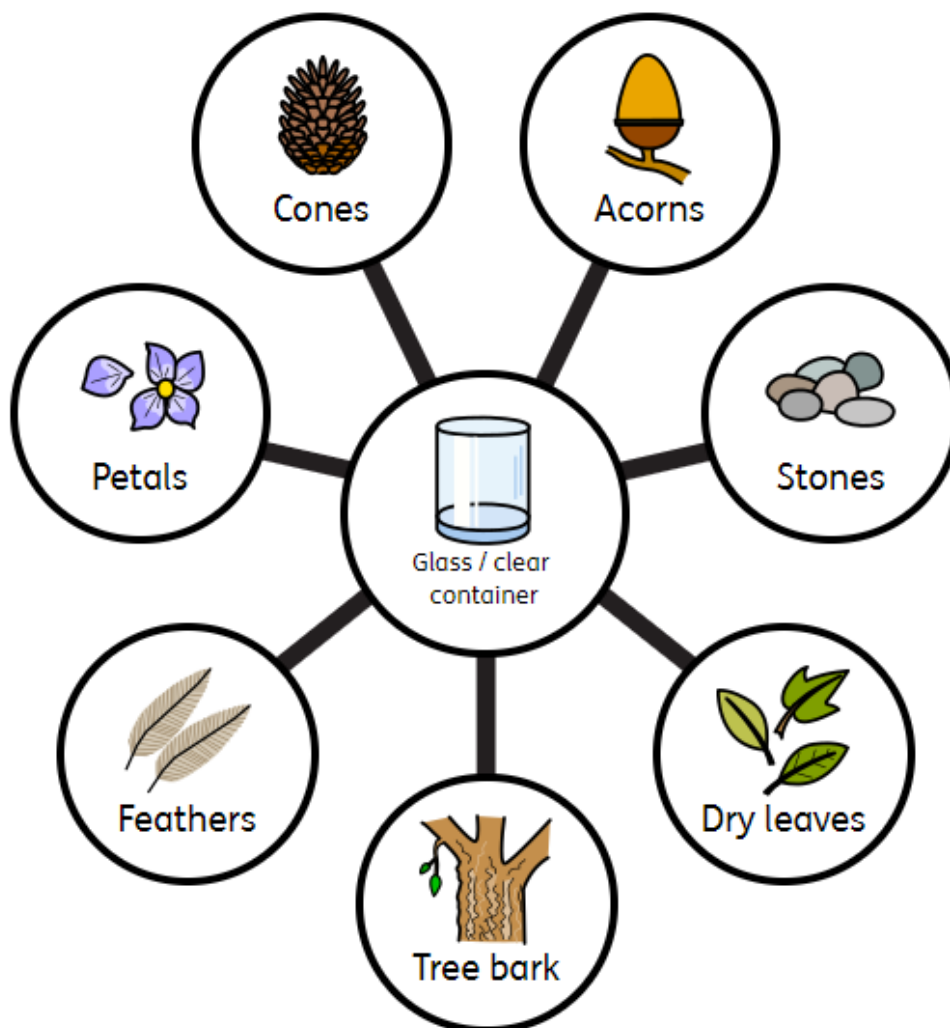
Every time you go out for a walk together, see what you notice. Take a bag with you see what you can spot!

When you get home, your treasure may need cleaning up a little, so rinse and dry them off before placing them in your treasure jar. It will soon be so full of beautiful wild treasures

you will sit and look at and remember a lovely time together.



## Ideas for your Wild Treasure Jar



Make sure you let them dry out first if they are damp and then place in your jar