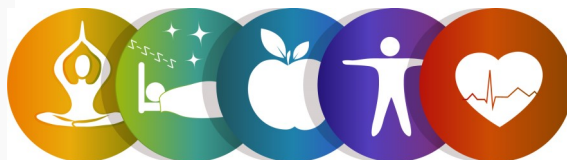




THE AVENUE INFANT SCHOOL

Mental Health & Wellbeing Newsletter

Autumn 1- October 2022



Positive Thinking

Good news! Did you know that science suggests that positive thinking is a learnable skill?

Three Good Things Exercise

123

Research suggests that thinking of, and listing, three good things each day can contribute to increased happiness in the short term and longer term. Even better, this exercise is simple to do. Just spend a few minutes each evening reflecting on the day until you think of three good things. Spread the positive vibes, and think about sharing your three things with those that you love!



Mental Health Awareness Day

On 10th October, we invited children and staff to come to school to raise awareness of the importance of our mental health.

The theme of 2022's World Mental Health Day, set by the World Federation for Mental Health, was 'Make mental health and wellbeing for all a global priority'.

Our aim continues to be showing young people that how they feel matters and help us create a future where all young people get the mental health support they need, when they need it, no matter what.

Together we can create a brighter future

Black History Month

October is a month to celebrate the outstanding contributions that black people have made to British society, whether that be today or historically. It provides great opportunities to highlight key moments in Black British History. It is important to celebrate the contributions of everyone to our society and support the multiculturalism and diversity that helps shape our communities.

During October there are many events to celebrate Black History Month; across the country special classes and celebrations are arranged within schools. Museums and art galleries have special themed exhibits, and there are also many themed shows about Black History Month on the TV and Radio. If you would like to get involved and discover more about black history, you will find a full listing of events and exhibitions taking place across the UK on the official Black History Month website. www.blackhistorymonth.org.uk or locally on our county website [Black History Month 2022 | North Northamptonshire Council \(northnorthants.gov.uk\)](http://Black History Month 2022 | North Northamptonshire Council (northnorthants.gov.uk))

**BLACK
HISTORY
MONTH**



Let's look out for and support one another



Optimistic October 2022

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

GREAT DREAM

Ten keys to happier living

GIVING



Do things for others

RELATING



Connect with people

EXERCISING



Take care of your body

AWARENESS



Live life mindfully

TRYING OUT



Keep learning new things

DIRECTION



Have goals to look forward to

RESILIENCE



Find ways to bounce back

EMOTIONS



Look for what's good

ACCEPTANCE



Be comfortable with who you are

MEANING



Be part of something bigger

ACTION FOR HAPPINESS

www.actionforhappiness.org