



# THE AVENUE INFANT SCHOOL

## Mental Health & Wellbeing Newsletter

June 2023



Below are links for FREE online events and workshops for parents and carers on a variety of topics. If any are of interest please book your place as soon as possible.

[Understanding the impact of trauma on young people Tickets, Thu 13 Jul 2023 at 18:00 | Eventbrite](#)

[Supporting our Young People with Eating Difficulties / Disorders Tickets, Mon 17 Jul 2023 at 18:00 | Eventbrite](#)

[Awareness around drugs, alcohol, and young people Tickets, Wed 2 Aug 2023 at 18:00 | Eventbrite](#)

[Children and Young People's Mental Health Awareness Webinar \(Parent/ Carer\) Tickets, Tue 7 Nov 2023 at 18:00 | Eventbrite](#)

Let's look out for and support one another



**Joyful June 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Decide to look for what's good every day this month	2 Say positive things in your conversations with others	3 Re-frame a worry and try to find a helpful way to think about it	4 Take a photo of something that brings you joy and share it
5 Think of 3 things you're grateful for and write them down	6 Get out into green space and feel the joy that nature brings	7 Do something healthy which makes you feel good	8 Find joy in music: sing, play, dance, listen or share	9 Ask a friend what made them happy recently	10 Bring joy to others by doing something kind for them	11 Eat good food that makes you happy and really savour it
12 Write a gratitude letter to thank someone	13 Take a light-hearted approach. Choose to see the funny side	14 Share a happy memory with someone who means a lot to you	15 Look for something to be thankful for where you least expect it	16 Speak to others in a warm and friendly way	17 Take time to notice things that you find beautiful	18 Look for something good in a difficult situation
19 Get outside and find the joy in being active	20 Rediscover and enjoy a fun childhood activity	21 Send a positive note to a friend who needs encouragement	22 Watch something funny and enjoy how it feels to laugh	23 Create a playlist of uplifting songs to listen to	24 Bring to mind a favourite memory you feel grateful for	25 Show your appreciation to people who are helping others
26 Make time to do something playful, just for the fun of it	27 Be kind to you. Do something that brings you joy	28 Notice how positive emotions are contagious between people	29 Share a friendly smile with people you see today	30 Make a list of the joys in your life (and keep adding to it)		

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## USEFUL RESOURCES

Government heatwave guidance: [Looking after children and those in early years settings during heatwaves](#)

Summer term mental health timetable: [Mental health and wellbeing school timetable - Summer Term 2022 \(29.7 x 21 cm\) \(mentallyhealthyschools.org.uk\)](#)

Exam support: [Navigating exam season resources - Place2Be](#)

Transitions: [Supporting school transitions | Resources | YoungMinds](#)

Strategy to deal with anxiety: [Anxiety thermometer : Mentally Healthy Schools](#)

Tips to cope with anxiety: [Anxiety tipsheet \(place2be.org.uk\)](#)

Mental health resources: [Mental Health Resources For Children and Young People | YoungMinds](#)

Audio guides to boost your mood: [Mental wellbeing audio guides - NHS \(www.nhs.uk\)](#)