

# Healthy Body, Happy Mind

Newsletter Spring 2023

## New year

New Year is the time to set new goals, make new resolutions and work hard to achieve them.

Start the new school year with a happy, bright look and make wonderful memories.

No lesson is difficult once you start reading it, no goal is difficult to accomplish once you start working hard for you.... All you need to do is take the first step.



This New Year may you be blessed with courage and confidence to spread your wings and turn each day into an adventure of learning and fun.

## Healthy minds

As adults, we can foster confidence in children by helping them feel competent, valued, and independent. It's also important to teach social and problem-solving skills so children feel prepared to navigate the situations life brings.

Self-confidence activities offer another fun engaging way to build confidence and self-esteem in children. Take a look at some activities that you could do at home.

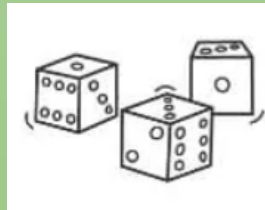
## ACHIEVEMENTS COLLAGE

- Start by asking students to make a list of all their "wins" or achievements so far in life.
- Once the list is complete, have students create a collage of their achievements on a sheet of poster board.
- Provide magazines for children to cut pictures from, or ask them to bring in items or photos from home.



## COOPERATIVE BOARD GAMES

Children who **feel valued and are comfortable** in social situations are more confident. Positive experiences with activities like cooperative board games **encourage more cooperation in the future.**



## Healthy Bodies

HOME- BALANCE, STRENGTH, COORDINATION

Take on a family challenge at home.

Challenge 1 – Squat balance challenge!

Challenge 2 – Plank Towers

Challenge 3 – The 3p putt

Record your details to compare scores

[Click here for more information](#)



## Places to go for support and advice

Please click school website for more ideas on Mental Health and Well-being  
<http://www.navigationprimary.com/page/healthy-body-happy-mind/52798>