



Wellbeing Newsletter



NOVEMBER: SIMPLE PLEASURES

Welcome to this month's Aldingbourne School Wellbeing newsletter. This month's theme is spending time in nature and getting back to enjoying some of the simple pleasures of life and gratitude. Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes. The golds, reds, russets and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.

Try to pay attention to your surroundings and find things to see, hear, taste, smell and touch. Lots of people find that being with animals is calming and enjoyable. You could try pet-sitting or dog walking, feed birds from your window, or visit a local community farm like Staunton or Aldingbourne. You can even bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your window sill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space. Building dens in Slindon woods with the kids is the most blissful weekend activity. You could even take a flask of hot chocolate to enjoy in your den!

November 13th is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else. Get started making a difference with these simple ideas:

- Compliment the first three people you talk to.
- Say good morning/afternoon as you walk past people.
- Pick up litter. Spend 10 minutes cleaning a park or your neighbourhood.
- Dedicate 24 hours to spreading positivity on social media.

Encourage your children to pay kindness forward,

KEY DATES:

Remembrance Day 11th NOV
World Kindness Day 13th NOV
Inter Faith Week 10th - 17th NOV
Anti-Bullying Week 11th - 15th NOV
International Day of Tolerance 16th NOV

Quote of the month:

"A walk in nature walks the soul back home" Mary Davis

Book recommendations:

Children: The Lost Worlds by Robert Macfarlane and Jackie Morris

Adults: The Salt Path by Raynor Winn