

This month's wellbeing edition is linked to: "April Care: Nurturing Health and Reducing Stress"

Finding Balance and Joy This Easter Season

A Mindful Easter for Families
As Easter approaches, it's a great time to slow down and focus on wellbeing. Simple things like family walks, decorating eggs, or enjoying a quiet cuppa can help reduce stress and build connection. Looking after ourselves helps us better support our children—especially during busy, joyful times like these. Wishing you a calm and happy Easter!



Family Activities to Celebrate Easter and Boost Well-being

- Simple Spring Wellbeing Ideas
- This Easter, try a few easy ways to boost family wellbeing:
- 🌸 Spring walks – Spot flowers, listen to birds, enjoy fresh air.
- 🎨 Easter crafts – Get creative with egg-decorating or DIY baskets.
- 🧘 Mindful breathing – Take a few slow breaths together to relax.
- 🍷 Picnic time – Head to the park for food, fun and connection.
- 🧡 Gratitude jar – Add a daily thank-you note to share positivity.
- Little moments like these can make a big difference.



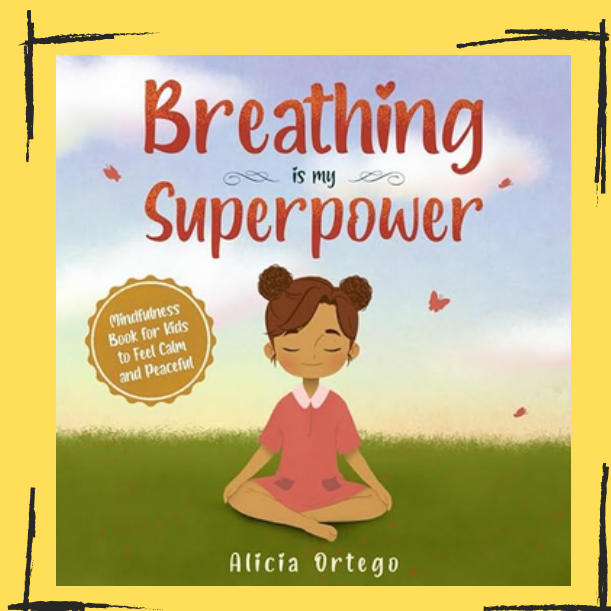
"Useful Website!"

Helping Children Understand Stress
Stress affects us all—even children. That's why it's important they learn what it is, how it feels, and what to do when it shows up. This term, KS2 pupils will explore stress in an age-appropriate way: what causes it, how it affects the body, and simple ways to manage it. It's a helpful session to build resilience—especially during busier times like exams or big changes.

USEFUL APP OF MONTH:



The series, Child in Mind, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.



"Book of the month!"

Sofia will show your little ones how to control their breathing in various situations, whether at school, at home, or on the playground. Breathing Techniques presented in the book, will help calm your children and show them a fun way of managing their own body, breath, and emotions.



"Taking care of yourself is part of taking care of your family." – Unknown

