



**St Nicolas and St Mary Church of England
Voluntary Aided Primary School**

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12th February 2021

Dear Children,

This week we have all been thinking about how we can look after our mental health. Mental health is about our feelings, our thinking, our emotions and our moods. We are very good at thinking about how we can look after our bodies but it can be easy to forget how important it is to look after our minds.

We hope that you have spent some time thinking about the Zones of Regulation and which tools and which people can help you to get back into the Green Zone. Over the week, we have also thought about the importance of self-care, creativity and connecting with others.

Over half term, you and your family might want to have a go at completing this jigsaw puzzle.

Please keep looking after yourselves and each other over half term.

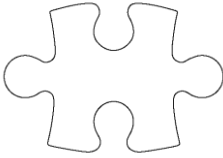
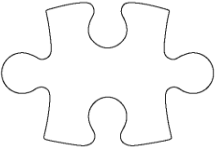
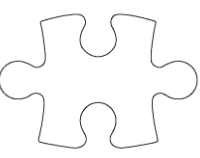
Love from all the staff at St Nic's

Jigsaw Puzzle - you have to:

Colour in the 3 puzzle pieces below using a different colour each.

Every day choose an activity from each box or one of your own. If you are stuck for ideas, www.getset4pe have lots of ideas for all 3 puzzle pieces.

Once you have completed an activity, colour in one piece with the same number and colour in your smiley face puzzle.

 <p>Puzzle piece 1: PHYSICAL</p>	 <p>Puzzle piece 2: GIVING BACK</p>	 <p>Puzzle piece 3: SELF-CARE</p>
<ul style="list-style-type: none"> • Play a Get Set 4 PE Active family game (see their website). • Learn a new skill • Go for a walk • Make a den • Ride a bike • Skip • Dance • Have a digital detox day 	<ul style="list-style-type: none"> • Ask someone how their day was • Do something for someone else • Write a letter, poem or prayer for a friend • Connect with someone in your family or a friend over the phone/email • Tidy up 	<ul style="list-style-type: none"> • Learn something new • Do something creative • Try some of the Zones of Regulation tools that are on our website eg. square breathing. • Listen to music • Read a book • Play a game • Cook • Have a digital detox day

ONE PIECE AT A TIME

PHYSICAL

GIVING BACK

SELF-CARE

“ Life is a giant puzzle. Every day we need to piece together all of the things that help to make us smile. ”

Get Set 4 P.E.

Share your journey with us: @getset4pe