

24<sup>th</sup> March 2020

Dear Parent,

**Re: Action for Happiness**

During this difficult period, I am aware that there are wider issues in terms of looking after ourselves and our families. I have found a website with some information and resources which you may find useful/helpful - <https://www.actionforhappiness.org/>

**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

<b>1</b> Make a plan to help you keep calm and stay in contact	<b>2</b> Enjoy washing your hands. Remember all they do for you!	<b>3</b> Write down ten things you feel grateful for in life and why	<b>4</b> Stay hydrated, eat healthy food and boost your immune system	<b>5</b> Get active. Even if you're stuck indoors, move & stretch	<b>6</b> Contact a neighbour or friend and offer to help them	<b>7</b> Share what you are feeling and be willing to ask for help
<b>8</b> Take five minutes to sit still and breathe. Repeat regularly	<b>9</b> Call a loved one to catch up and really listen to them	<b>10</b> Get good sleep. No screens before bed or when waking up	<b>11</b> Notice five things that are beautiful in the world around you	<b>12</b> Immerse yourself in a new book, TV show or podcast	<b>13</b> Respond positively to everyone you interact with	<b>14</b> Play a game that you enjoyed when you were younger
<b>15</b> Make some progress on a project that matters to you	<b>16</b> Rediscover your favourite music that really lifts your spirits	<b>17</b> Learn something new or do something creative	<b>18</b> Find a fun way to do an extra 15 minutes of physical activity	<b>19</b> Do three acts of kindness to help others, however small	<b>20</b> Make time for self-care. Do something kind for yourself	<b>21</b> Send a letter or message to someone you can't be with
<b>22</b> Find positive stories in the news and share these with others	<b>23</b> Have a tech-free day. Stop scrolling and turn off the news	<b>24</b> Put your worries into perspective and try to let them go	<b>25</b> Look for the good in others and notice their strengths	<b>26</b> Take a small step towards an important goal	<b>27</b> Thank three people you're grateful to and tell them why	<b>28</b> Make a plan to meet up with others again later in the year
<b>29</b> Connect with nature. Breathe and notice life continuing	<b>30</b> Remember that all feelings and situations pass in time	<p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>				

**ACTION FOR HAPPINESS** [www.actionforhappiness.org](https://www.actionforhappiness.org)

Yours sincerely,

Mr. N. Houchen  
Principal