



Manor Academy
Aspire Achieve Excel

Well Being Matters

Issue 12 – 6 July 2020

Good morning everyone and welcome to issue 12 of our student well being newsletter.

One of the things that has cheered me up over the last couple of weeks is the resumption of the football season and I know a lot of you will feel the same and be happy that there is lots of football on TV to watch.

I know myself and Mr Waterhouse are excited that Forest may get to Wembley this year for a chance to get into the Premiership and show the likes of Liverpool and Man City how to play football, we're just gutted that we won't be able to go and watch if they do make it.

Unfortunately, this may be another sacrifice we have to make, along with all the others during this lockdown period. We will keep watching and hoping!!

Stay Safe! Mrs Meredith:-)

Keeping your mind ticking over

Since the start of lockdown there has been a huge increase in the sale of colouring books. Most people associate colouring with toddlers, but it has been proven that it can be calming and a stress reliever for older people, as well as keeping your brain active by doing an activity that isn't specifically learning.

Below are a few sites you could use to print out some images to colour, or there are loads of free apps where you could colour on a device if you don't have access to a printer. If you are spending more time online through during lockdown, it might be a good idea to use paper and colours if you can.

<https://coloringhome.com/free-printable-paint-by-numbers-for-adults>

<https://coloring.rocks/color-by-numbers-for-adults/>

<http://www.supercoloring.com/coloring-pages/tags/>

Your worries:

Remember you can contact us on this email if you need any support with your well being: wellbeing@themanor.notts.sch.uk

Calming Coupons

As some of us struggle to keep our emotions in check, and others are feeling increased anxiety during this pandemic, we all need different ideas of strategies to support and help us.

Coupons are a simple strategy you could use to help you remain calm and positive in situations before you get over anxious or angry.

If you make a list of a number of strategies that help you and stick them somewhere (such as the fridge) where you can access them easily—when you feel

your emotions getting out of control, rip off the bottom strip or coupon and do the activity you have pulled off. Try to use a range of different strategies and think of things that will make you feel more positive when you are struggling with emotions. Here is an example of what your strip may look like and some ideas of the types of activities that may work—but make sure you choose some that are relevant to you!

Listen to music

✂️.....
list 5 things I'm grateful for...
.....

Get out in nature

Take 5 deep breaths

Go for a walk

Talk to a friend

Sing

Dance

Run

Laugh

Stick on your fridge and tear off a calming strategy whenever you feel anxious, worried, frustrated or upset.

Calming Coupons