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# Well Being Matters

Issue 5 – 11 May 2020

Hi everyone, and welcome to issue 5 of our student newsletter. As we enter the 6th week of school closures, by the time you read this, there may have been some decisions made about when schools may be able to reopen, but as I write this, no decision has been made yet and we have to continue to follow the rules and stay home to stay safe and protect the NHS. Lockdown is probably the only time in your lives that the adults in your life will be happy for you to stay in and play Xbox!!!

Stay Safe! Mrs Meredith :-)

## Your worries:

Remember you can contact us on this email if you need any support with your wellbeing:

[wellbeing@themanor.notts.sch.uk](mailto:wellbeing@themanor.notts.sch.uk)

## [Anna Freud—Colour Therapy](#)

A common method to support people with anxiety is to use a technique called 'colour therapy'. Choose a colour that you find calming or your happy colour (some people think that red causes anxiety and blue is soothing, but this will be different for everyone).

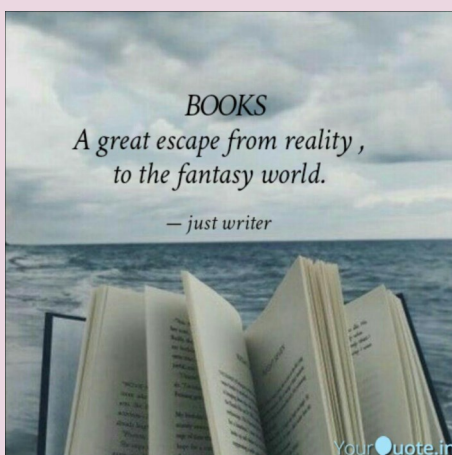
Once you have chosen a colour which makes you feel calm, find an object that is in your colour, and then when you feel low, handle and hold the item in your favourite colour. This will help to calm you and to make you feel more positive. If you don't have an object to hold in your favourite colour, you could find a picture online and then look at it when needed.

The key thing is, during this time, for everyone to find the technique that works for you.



## Books of Hope

Miss Pulsford has kindly shared with us an e-book from the Literacy Trust. If you're running out of books at home, these short stories of Hope written by some of your favourite authors including Anthony Horowitz, Axel Scheffler and Michael Morpurgo could be the perfect opportunity to escape from lockdown for a while.



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