



Here are some activities to help ourselves stay hopeful and in touch with our best selves.

Things I Can Control BINGO

WHOLEHEARTED SCHOOL COUNSELING

Getting enough sleep	How often I smile	Owning up to my mistakes	Whether or not I accept myself	Setting my boundaries
When I practice gratitude	Treating myself with kindness	When I help others	Whether or not I keep my word	How I interpret events
How I "talk" to myself	When & if I forgive others		How truthful & honest I am	When I take mindful breaths
The goals I set for myself	Saying I need a break (& taking one)	Treating others with kindness	How much effort I put forth	When and if I try again
When I ask for help	How I respond to challenges	Reminding myself I am enough & worthy	How I take care of my body	How I relate to my feelings






Download a [‘Things I can control bingo’](#) card to play with your family. Maybe choose one as a daily focus and get spotting your chosen action in each other’s behaviour.

<http://www.restorativestockport.co.uk/wp-content/uploads/2020/04/Things-I-can-Control-bingo.pdf>

GRATITUDE PROMPTS

WHOLEHEARTED
SCHOOL COUNSELING

Use these [gratitude prompts](#) at the end of each day to help identify something that you have valued. Focusing on the present and appreciating what you have now, can create positive emotions like love and joy which has proven to limit negative emotions such as fear and anxiety.

1. A **strength**  of mine for which I am grateful is...
2. Something **money can't buy**  that I'm grateful for is...
3. Something that **comforts me**  that I'm grateful for is...
4. Something that's **funny**  for which I'm grateful for is...
5. Something **in nature**  that I'm grateful for is...
6. A **memory**  I'm grateful for is....
7. Something that **changes**  that I'm grateful for is....
8. A **challenge**  I'm grateful for is....
9. Something **interesting**  that I'm grateful for is...
10. Something **beautiful**  I'm grateful for is...

<http://www.restorativestockport.co.uk/wp-content/uploads/2020/04/Gratitude-prompts.pdf>





Each week we will be sharing a link to a [Wild Wellbeing](#) activity, from our BSS Forest School team, for you to try at home. Try this activity as a fun way to be present and appreciate the moment.

<https://www.behavioursupportservice.co.uk/bss-forest-school-resources/>



Experience: Sit Spots

What do we do?

- Find a spot outside somewhere safe & comfortable.
- Sit with a straight back, check your body for tension & relax.
- Notice your breathing – feel the air moving in & out.
- Breathe in deeply for 3 seconds, hold for 4, & breathe out for 5.
- Repeat & build up the count.
- Stay with the counting until your mind begins to focus.
- What can you smell? Where does the air contact your body?
- What can you hear? Notice all of the birds, traffic, & people.
- What can you feel? From your feet, legs, hands, arms, head.

Risk / benefit analysis:

Benefits include; increased sense of inner calm, quietening of your inner critic, and many more.

But always be safe – if you are doing this alone in a public space, be sure to come out of it when you need to.

Extension ideas:

Using your senses and the natural space around you gives your mind more to focus on. Don't worry if it takes numerous goes to get past the counting – we have very busy minds! To extend – do each step for **longer** periods of time. Try it in the **rain!**

Resources:

Somewhere comfortable where you can sit for prolonged periods in nature.

For those who can sit cross legged, a kneeling mat is great for this.

Otherwise a bench or chair.





Let's share some good stories from across Stockport Schools



A great show of support for our NHS by children and staff at Lum Head Primary & Nevill Road Junior School.



Some amazing art work created by Izzy in Year 9 at Priestnall High School.



Priestnall Art Department
@Priestnall_Art

How fantastic is this digital drawing by Izzy in year 9 of @captaintommoore?! What a guy by the way 🙌

#captaintommoore #ipadpro #digitalart #creativity #proud #backtoschool @PriestnallSch



Ensuring school feels safe, friendly and as normal as possible, the children and staff at **Ludworth Primary** spruced up these containers using the bedding plants donated by Notcutts Garden Centre, Woodford.

We will be sending out the next Relational Round Up letter in the week beginning May 4th. If you would like to share a good story or show us something that you have been creating at home in our letter please tweet to @stockportRA.

