

## PRIMARY PARENT NEWSLETTER ARTICLE

*This is Creativity Week, when students, their classes and families are encouraged to notice creative things that they or others did. Download the Creativity sheet from Character Strengths in the Individual Resources section of [www.learningcurve.com.au](http://www.learningcurve.com.au)*

**PERMAH+ Lessons: Lower – KINDNESS SPREADS**

**Upper – SELF-KINDNESS**

**Wellbeing Element: HEALTH + STRENGTHS**

**WHY:** by understanding that the most important relationship that they have is the one with themselves, their challenge is to treat themselves with the kindness they treat others.

Good questions to ask yourself and students are, “do you treat yourself as well as you treat other people?” and, “when you say yes to other people, are you really saying no to yourself?” Being kind to yourself isn’t being selfish, it’s valuing your greatest asset, you. Research has shown that showing self-kindness and self-compassion results in optimism and hope for the future, better problem solving and critical and creative thinking abilities and less anxiety.

Strategies to share to build their willingness to be self-kind include:

- write down achievements that they are proud of, how they felt and the strengths they used.
- use JOMO to give screens a rest often.
- write a positive mantra to live by each week, eg. I will do five kind acts for others today.
- use encouraging self-talk and bin the unhelpful self-put down thoughts.
- journal what they are looking forward to and what they are grateful for.
- exercise daily, eat healthy, sleep for at least 9 hours, drink over a litre of water and look on the bright side of life.
- spend quality time with positive people and nature every day.
- write down their goals every term.

Acknowledgement: Neff, McGehee & Ford

### Living and Learning Growth Activities:

#### Lower

What did you do to spread kindness today and to who?

*Numbers and Words:*  $3 + 8 + 2 = ?$   $15 - 3 = ?$  How many As and Bs are there? A A + B + AAA + BB = ?

*Learn to spell these words:* glad hug sad mad goes love

*Relaxing Breathing:* Lion Breathing – Stand up quietly and pretend you are a lion. Breathe in for a count of 4, hold for 4, then roar for 4. Repeat 2 times. How did you feel while doing Lion Breathing?

#### Upper

*Creativity Week*

*Mindfulness Puzzle:* enjoy the challenge of solving the puzzle.

*Wellbeing Growth Tip:* Throwing a tennis ball around with your family and friends is fun exercise.

*Character Strength:* brainstorm how they can use *Creativity* to build their living and learning growth and wellbeing.

*Parent Wellbeing:* one valuable thing that COVID19 has taught everyone, is the importance of being there for, playing with and enjoying the outdoors with our children. Prior to the pandemic, the 21st century was becoming a time where many parents fell into the trap of just occupying their children with ipads and screen games. Playing outside in nature is a wonderful of building your whole family’s wellbeing. How often are you enjoying the outdoors with your children?

Acknowledgement: Fredrickson