



# Wellbeing Newsletter

Issue 3 April 2022

Welcome to the third edition of our wellbeing newsletter. With the weather hopefully warming up and summer on the horizon, this edition focuses on the benefits of being outside. You may be fortunate enough to have a garden, or maybe you live near a park or the beach. Even in our towns and cities there can be fun to be had in the great outdoors.

Most of us would probably agree that when the weather warms up and the sun is shining, it's fun to be outside. But being outside, whatever the weather, has benefits for our physical and emotional wellbeing. Here are just some examples, I'm sure you can think of more:

- Being outside can improve your mood by reducing feelings of stress or anger.
- It can connect you to your local community and help you feel less lonely.
- Activities such as gardening and litter-picking can give you a sense of achievement and improve your self-esteem.
- Running, walking, climbing or cycling can all help improve your fitness and keep your body strong and healthy.
- Being outdoors helps connect you with nature, which inspires a sense of awe and wonder, and can help you feel more relaxed.



May is Living Street's 'National Walking Month'. They are encouraging us to #Try20 and walk for 20 minutes a day throughout May. Walking is a great form of exercise with many benefits.

## It's Good To 'Talk'

Mr Jackson is one of the teachers at Greenfields who teaches PE and Outdoor Ed. We asked him a few questions about his feelings about being outdoors.

### 1. How do you like spending time outdoors?

I like to go for walks with my family and play sports, particularly football.

### 2. What do you think are the health benefits of being outside?

Being outdoors is fun and provides opportunities to enjoy new things. Taking part in sport outside can help increase your self-esteem and confidence.

### 3. Which is your favourite season and why?

I like the summer because the weather is usually warm, the days are longer and there is more time to be outside in the daylight.

Do you agree with Mr Jackson?



These websites all have ideas of fun (and often free) things to do outside with your family.

[https://](https://www.nationaltrust.org.uk/50-things-to-do)

[www.nationaltrust.org.uk/50-things-to-do](https://www.nationaltrust.org.uk/50-things-to-do)

<https://www.mentalhealth.org.uk/sites/default/files/Thriving-With-Nature-compressed.pdf>

<https://www.verywellfamily.com/outdoor-family-activities-2764716>

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>



Take a mindful walk. Try to use all your senses (don't eat anything you find outside un-

less a trusted adult has said it is safe) and focus only on what is happening right now.



Why not try creating something beautiful using things you can find in nature.

CHALLENGE  
*yourself*



Stress Awareness Month and National Autism Awareness month both take place in April

Mental Health Awareness Week 9<sup>th</sup>-15<sup>th</sup> May

June is Pride month



"When life gives you a rainy day, play in the puddles!" Winnie the Pooh