

Drymen's Wellbeing Works



Our Wellbeing Indicator for August is: Included

<p>Monday 17th Today, give someone in school and someone at home a <u>compliment</u>. Tell them what you like about them.</p>	<p>Tuesday 18th Check that everyone in your class has someone to play with in the playground. Ask them to join a game.</p>	<p>Wednesday 19th Reflection: Think about what you would do if you need help with your learning? What could you do?</p>	<p>Thursday 20th Tell someone in your family an example of how someone has helped you in school this week. What did they do?</p>	<p>Friday 21st Today, ask to see someone's work and give them feedback on their learning. What did they do really well?</p>	<p>Saturday 22nd Relax and enjoy spending time talking with friends and family.</p>	<p>Sunday 23rd Reflection: If someone was feeling left out, what could others do to help?</p>
<p>Monday 24th Try and start a conversation with someone in school you don't know very well.</p>	<p>Tuesday 25th Talk to someone in school and a family member about your future goals and dreams.</p>	<p>Wednesday 26th Reflection: What do you think are the qualities of a good friend?</p>	<p>Thursday 27th Ask a grown up at home or school what games they played in the playground at school?</p>	<p>Friday 28th Pick someone you are grateful for. Thank them for what they do.</p>	<p>Saturday 29th Spend time outdoors with family or friends. Can you learn a new game?</p>	<p>Sunday 30th Relax and enjoy time to spend talking with friends and family.</p>
<p>Monday 31st Ask someone how they feel and really listen to their reply.</p>	<p>Tuesday 1st What does a good listener do? Talk to someone in school and your family.</p>	<p>Wednesday 2nd Reflection: What are you proud of? Think of your talents, uniqueness and achievements. Share with a family member.</p>	<p>Thursday 3rd Tell someone today about a book or article you have read and found interesting. Ask them what they have read recently.</p>	<p>Friday 4th Reflection: What has been your favourite Included challenge this month. Why?</p>	<p>Saturday 5th Make a thoughtful gift as a surprise for someone.</p>	<p>Sunday 6th Get Ready for Safe September!</p>

Please tag us in any photos of the Drymen Wellbeing Works on Twitter @Drymenprimary

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