



## SMILERS

**SMILERS is a whole school approach to wellbeing.**

It is a way of helping children understand that they can make choices to help them feel better mentally and help them stay emotionally strong and well.

We use the SMILERS formula to help us develop healthy habits for life and to look after our own wellbeing.

This month's focus is:

**L for Look**



### Look

Using our senses to notice what is around us keeps us in the moment.

- You could go for a scavenger hunt when you are on a walk
- Start a happiness jar
- Try some relaxation activities
- Go cloud spotting
- Or have some quiet time and do something you enjoy like colouring, puzzles or reading

Mindfulness can help your mind and body feel well. It can help when we are feeling worried, stressed or fearful by calming our racing thoughts.

### SMILERS Challenges:

Our challenges are for you to try one of the above activities and look at the environment around you.

Try to complete the 54321 grounding technique – 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste.