



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

This month's focus is: **S.....for Stay Connected**

Stay Connected

There are many ways children can stay connected with their parents, family, pets and friends. The internet is a good way, but there are lots of others:

- Play dates
- Join a club
- Bake a cake and deliver it
- Write a letter or send a card
- Keep a things to tell 'Grandma' list
- Record stories and send to friends/book swap/visit the library together or other places of interest
- Give someone a compliment
- Arrange a tea party and invite a family member or friend. You could serve tea and biscuits.
- Have a friend over for a play date
- Find something out something about an older member of your family. A question could be 'What game did you play when you were my age?'

