

17 April 2018

Dear Families,

As part of Riverside's ongoing commitment to wellbeing, all phases are currently taking part in a "30 Days of Wellbeing" initiative which involves all pupils and staff taking part in a different wellbeing activity each day. Please find attached our wellbeing calendar for the next 30 days.

The charitable organisation, Action for Happiness (www.actionforhappiness.org.uk), has identified *10 Keys to Happier Living* using the acronym "GREAT DREAM" and we have based our Wellbeing Calendar around these 10 ideas:

- G** – Giving
- R** – Relating
- E** – Exercising
- A** – Awareness
- T** - Trying out

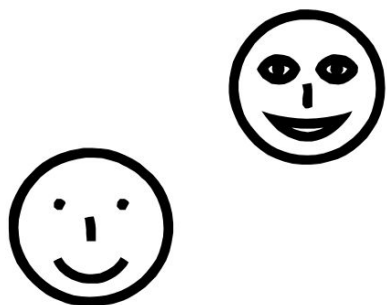
- D** – Direction
- R** – Resilience
- E** – Emotions
- A** – Acceptance
- M** – Meaning

Each activity idea provides our pupils with access to one of these 10 keys in order to support their wellbeing and we would encourage you to try out some of these ideas at home too. We would love to see some of these wellbeing activities in action so please feel free to send your anecdotes, photos and videos to happiness@riverside.bromley.sch.uk and, with your permission, we will share these on our Facebook and Twitter pages in order to encourage as many families as possible to get involved.

We look forward to hearing from as many of you as possible over the next 30 days (and beyond!) and if you have any questions, please do not hesitate to let us know.

Yours sincerely,

Holly Wheatley
Teaching, Learning and Wellbeing Leader



30 Days of Wellbeing

1 Try a new Activity	2 Spend some time outside enjoying the fresh air	3 Say hello to someone and give them a smile	4 Do something helpful for a friend or family member	5 Smile at 10 people today	6 Share a story or a game with somebody	7 Take 5 minutes to enjoy nature's beauty	8 Tell a friend what makes them special	9 Make a card or decoration for someone special	10 Sit and talk to someone about their day
11 Offer hugs to your loved ones and friends	12 Pick up litter or leaves in the playground	13 Hold a door open for a peer or adult	14 Allow someone to go in front of you at lunchtime	15 Say thank you to someone and mean it	16 Give a compliment to someone	17 Go outside and feed the birds	18 Take a walk around school and visit another class	19 Listen to and appreciate a new style of music	20 Help a friend to put their coat on
21 Play with someone new at playtime	22 Give yourself a compliment today	23 Help the adults in your class at snack time today	24 Pour the drinks at your lunch table	25 Leave a happy note for someone to find	26 Visit another class and help them at lunchtime	27 Take 5 minutes to relax and clear your mind	28 Share your activity with a friend at choosing time	29 Spend some time outside and tell a friend what you can see	30 Share your favourite moment from this week

"Be kind whenever possible. It is always possible" ~ Dalai Lama