



Well Being @ White Bridge



We hope you have enjoyed the Autumn term and are looking after everyone's wellbeing– including your own!

If anyone is lucky enough to receive new games, tablets, consoles or other electronics, over Christmas, please take the time to check any parental controls are in place to keep everyone safe.



Healthy Mind



How can we be grateful for the things that we have?



Write down some of the things that you are or have been grateful for over the last year and share it as a family.



Healthy Heart



How can we do good things for others?



Try and help someone out over the Christmas holiday– perhaps by donating things you don't want any more to charity or saying hello to a neighbour.



Healthy Body



How can we stay active when it's cold outside?



Turn on your favourite song and dance around the room or wrap up warm and go for a wintery walk with an adult.



E-Safety



How do we make sure new electronics are safe to use?



Make sure that you check the parental controls of any electronics and share any new passwords with a trusted adult.



Something to talk about



Something to do