

To all you Nestlings out there! .....



Every day is a new 'today' – try something new!

- Look outside – can you see the signs of Spring time? List how many ...
- Plant some seeds (in a window box or garden or bucket) nurture them and watch them grow, the time will pass and your flowers will blossom! 🌸
- Listen to the birds first thing in the morning, they will bring a smile to your face ! (you can always go back to bed ... )
- Learn the words to a favourite song.. sing it when you are feeling fed up!
- Even when it's raining, venture outside –breathe in the new ,fresh air and let out the old....
- Be creative – fill a page with faces –draw how you feel- Turn your frown upside down. 😊
- Think of all the things you like about a friend, draw them and make a list – when you meet up with them again , pass on the picture to show them how special they are! ❤️❤️

- Think of a different colour every day – call it a ‘pink’ day for example- see how many things you can find of that colour! 🌈
- Have at least one day a week as a special ‘Family day’ –Around a table, talk to each other about the things you have been successful at –and the things you have found difficult. Each person chooses their favourite meal and film. Take it in turns (and no arguing!).
- Always make time to say how much you mean to each other- (There is no excuse for not having the time now !).

Stay safe and healthy!

Big hugs! (air hugs)

Mrs Dyson



Pastoral Manager