



NOVEMBER WELLBEING NEWSLETTER

MAINTAINING POSITIVE WELLBEING

Take regular exercise.

Stay hydrated.

Try your best to get into a good sleep

Try mindfulness, meditation or Yoga

Stay connected to family and friends,

HOW CAN I HELP PREVENT BULLYING?

- Educate your children about bullying
- Talk openly and frequently to your children
- Help your child be a positive role model
- Help build your child's self confidence
- Be a role model
- Be part of their online experience

I'M NOT SURE IF MY CHILD IS BEING BULLIED. WHAT SIGNS SHOULD I LOOK OUT FOR?

- Fear of going to school or joining school events
- Being anxious, nervous
- Having few friends in school
- Losing friends suddenly or avoiding social situations
- Low academic performance
- Not sleeping well and may be having nightmares



ANTI BULLYING WEEK

ANTI BULLYING WEEK ACTIVITIES

- * Odd socks day.
- *7 Days kindness challenge .
- *We are all different activity.
- *English workshops to raise awareness about antibullying.
- *Broadcast organized by students about antibullying.
- *Presentations done by students inside classes.
- *Many activities done in classes .

TALKING TO A CHILD ABOUT BULLYING WHAT HELPS vs WHAT HURTS	
✓	✗
It took a lot of courage to tell me this.	Why are you letting other people get to you?
I know this is hard for you. You don't deserve to be treated this way and it's not your fault.	What have you done to cause people to treat you this way?
I'm always here to listen and to help you.	You shouldn't care what other kids think.
How would you like to handle this?	You just have to be strong and push through this.
Who at school has your back?	Don't let them treat you like that. You need to fight back and stand up for yourself!

7 Activities TO HELP YOUR CHILD DEVELOP A POSITIVE ATTITUDE

LOVING KINDNESS MEDITATION

Engage your child in loving kindness meditation. It involves thinking of loved ones and sending them positive thoughts. The four traditional phrases are, "May you feel safe. May you feel happy. May you feel healthy. May you live with ease."

HELPING OTHERS

Your child could help others by assisting an elderly neighbor with yard work or chores, helping a friend with homework, or participating in a canned food or clothing drive. You could also make volunteering a family affair and regularly help out with a soup kitchen or other charitable organization.

SETTING AND ACHIEVING GOALS

Encourage your child to set goals and visualize and plan for obstacles in advance. This is called the WOOP approach: Wish, Outcome, Obstacle, Plan. This approach makes it more likely that your child will actually achieve their goals, resulting in increased confidence and a more positive attitude.

SHARING POSITIVITY

Share positive experiences with your child. Laugh with your child, hug your child, set aside time to provide your undivided attention, and enjoy positive experiences together.

DEVELOPING NEW SKILLS AND TRYING NEW ACTIVITIES

Recognize your child's strengths and give them opportunities to develop them and experience success. If your child expresses interest in a new activity, let them try it out. You can even find new activities to try with your child in order to increase your shared positive experiences.

Practicing Positive Affirmations

Guide your child to come up with affirmations that are short, positive, and present tense: I am kind. I am enough. I am loving. Instead of giving your child instructions or requiring them to say affirmations, try to use them in a playful manner.

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