



PAVING THE WAY POST

Spring Edition

The newspaper for children by children



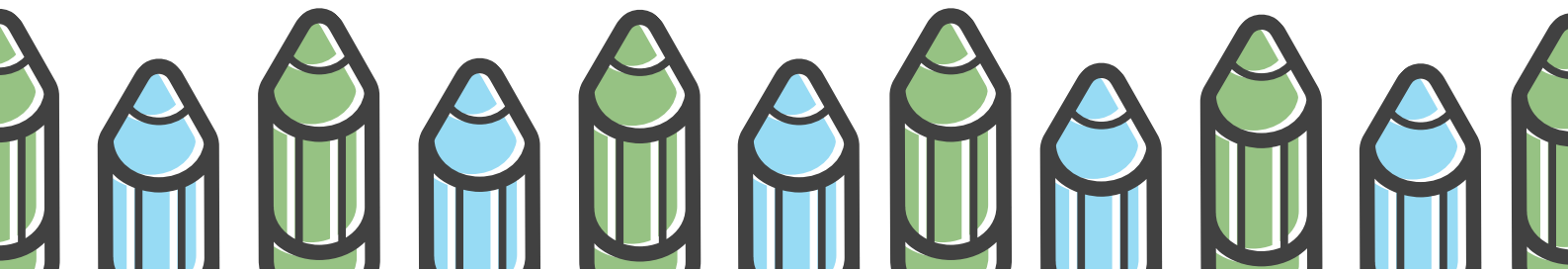
Take a peek

- Let's get Techy
- New School-
New Me!
- Friendships
- New year- New
things
- Worry Busters



Welcome to Issue 4

This term our reporters from Brookfield Primary School got their thinking caps on with new ideas to continue to support each other with challenges they thought may come up over the spring term.

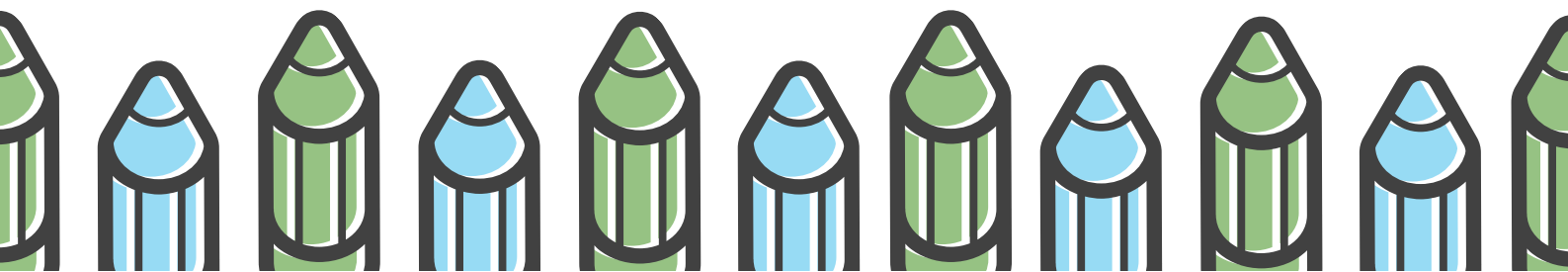
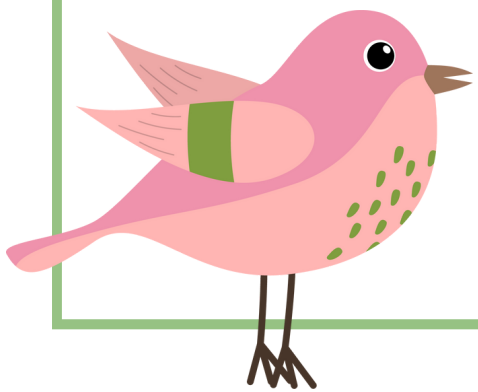




LETS GET TECHYWITH THE PC!



- How to stop being tricked online
- How do you know the person trying to friend you on line is really 'Paul age 10 years?'
- I hate it when my parent tells me to finish playing on the computer
- How can I make this easier?
- Set your own boundaries about how often you play

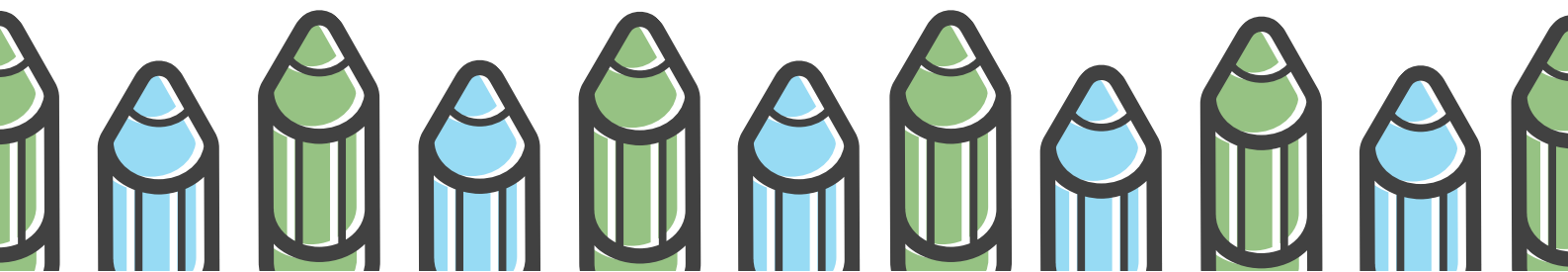
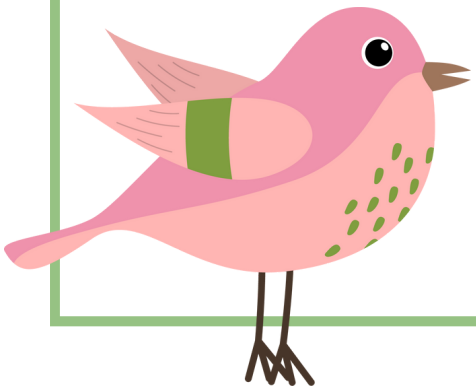




OUR TECH ADVISOR SAYS



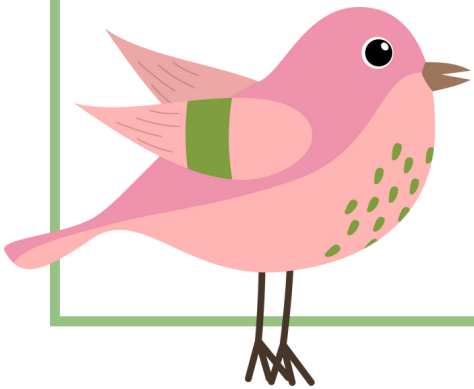
- Check someone's profile
- Only play with people you know
- Use the CEOP button
- Leave a game if you are worried
- Talk to a grown up
- When looking at things online - if it looks too good to be true - then it probably is!!!

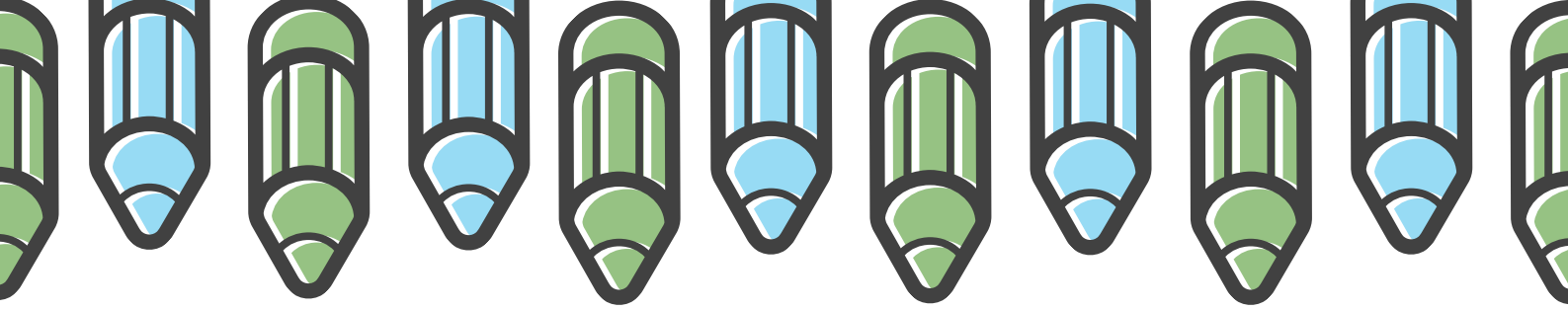


OUR TECH ADVISOR SAYS



- Agree rules around tech time with your parents
- If you have been part of making the rules then you will know when it is time to come off and you can start to prepare for it
- Set a timer to give yourself a warning
- Gaming and being online with friends should be fun - if it stops being fun, then you need a break!
- **Boring but true...** screen time before bed can impact on your sleep, so aim to stop screen time at least 1 hour before bedtime





New school...New Me

I am already starting to worry about moving to high school

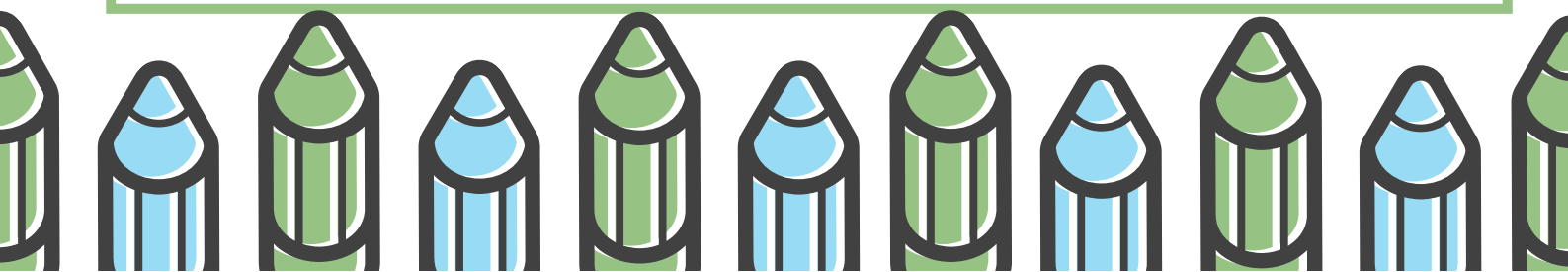
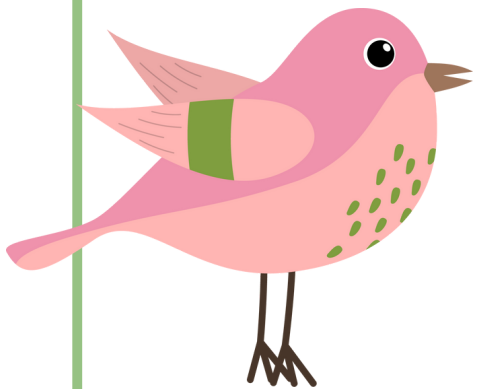
Take pressure off yourself

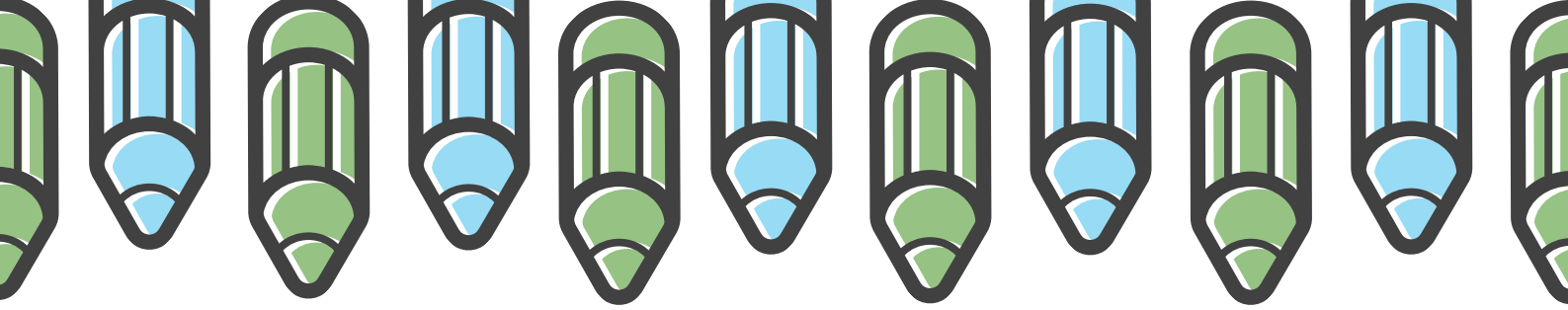
Share ideas

Don't be so hard on yourself

Don't set too many goals for yourself

Don't try and do too much at once





Friendships

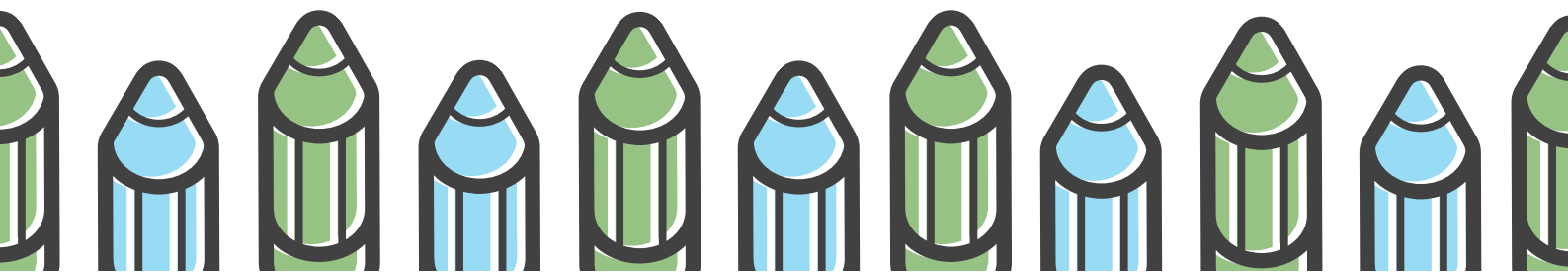


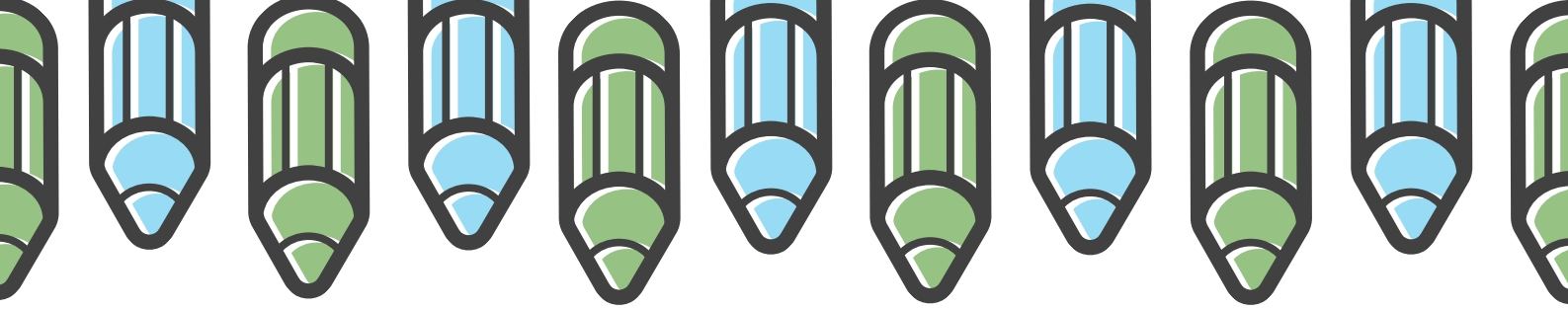
Sometimes I feel lonely

Introduce yourself and try and see what you have in common

I won't have anyone to play with

Treat others how you would like to be treated



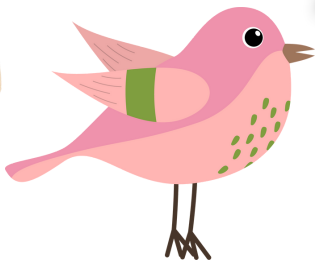


New Year ...New things

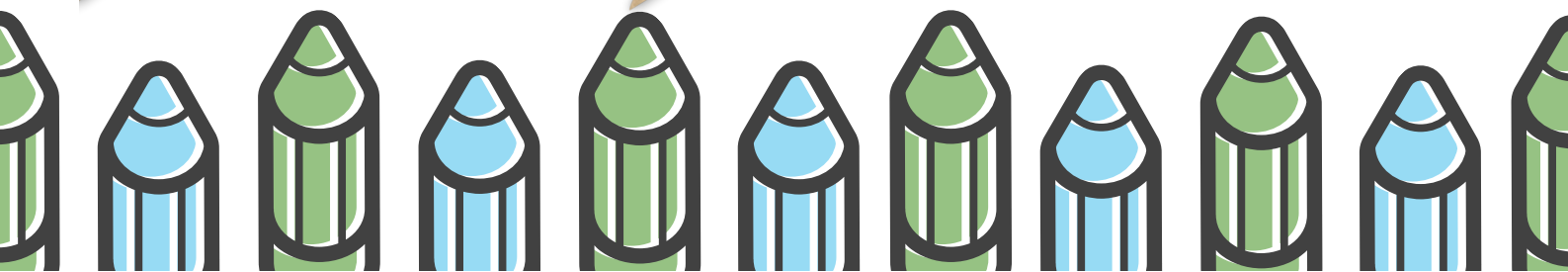


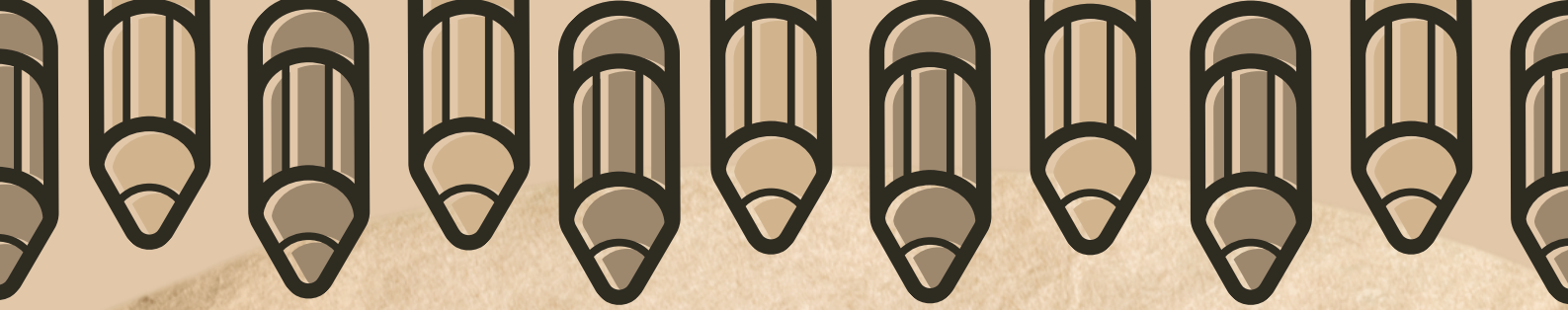
**Try not to make resolutions
that
you know
you will easily break**

**Don't overwhelm yourself
with
too many new things
to try at once!**

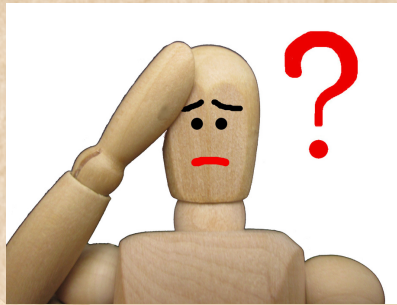


**Be realistic
about what
you
want to achieve!**





Worry Busters



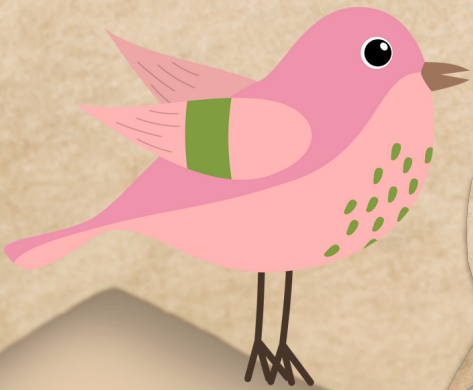
**Talk to someone.
This could be a
friend, a parent or a
teacher!**

CC - Brookfield

**Take some
exercise**

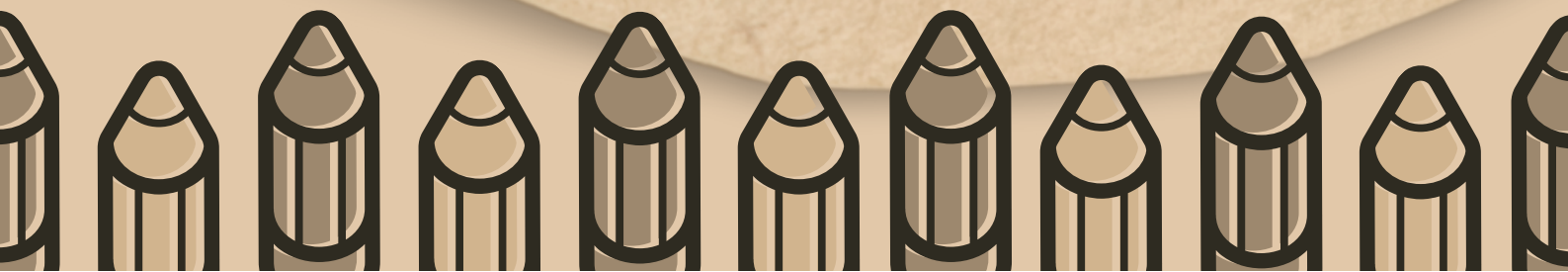
**If you have a big goal,
break it down into
smaller steps and
then it will be easier
to achieve!**

TB - Brookfield



**Write your
feelings
down**

**Do something
that makes you
laugh!**



The Mindful March Calendar has some great ideas to try each day!

Mindful March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 If you find yourself rushing, make an effort to slow down	 7 Take three calm breaths at regular intervals during your day	1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them
13 Pause to watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone you care about and really hear what they are saying
20 Focus on what makes you and others happy today dayofhappiness.net	21 Listen to a piece of music without doing anything else	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 Have a 'no plans' day and notice how that feels	19 Cultivate a feeling of loving-kindness towards others today
27 Appreciate nature around you, wherever you are	28 Notice when you're tired and take a break as soon as possible	22 Notice something that is going well, even if today feels difficult	23 Tune into your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today
		29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life		

ACTION FOR HAPPINESS Happier · Kinder · Together



How many did you do??

Thank you to our reporters from Brookfield
Primary School;
TB, PC, LS and CC

If you would like to contribute your amazing
ideas please use the code, thank you!

Paving the Way Post (2)



The Easter bunny
wishes you a Happy
Easter!!



KEEP CALM

Now let's see if you can 'crack on' with the April calendar



Active April 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>1 Listen to your body and be grateful for what it can do</p>	<p>4 Eat healthy and natural food today and drink lots of water</p>	<p>5 Turn a regular activity into a playful game today</p>	<p>6 Do a body-scan meditation and really notice how your body feels</p>	<p>7 Get natural light early in the day. Dim the lights in the evening</p>	<p>1 Commit to being more active this month, starting today</p>	<p>2 Spend as much time as possible outdoors today</p>
<p>10 Have a day with less screen time and more movement</p>	<p>11 Set yourself an exercise goal or sign up to an activity challenge</p>	<p>12 Move as much as possible, even if you're stuck inside</p>	<p>13 Make sleep a priority and go to bed in good time</p>	<p>14 Relax your body & mind with yoga, tai chi or meditation</p>	<p>15 Get active by singing today (even if you think you can't sing!)</p>	<p>16 Go exploring around your local area and notice new things</p>
<p>17 Be active outside. Dig up weeds or plant some seeds</p>	<p>18 Try a new online exercise, activity or dance class</p>	<p>19 Spend less time sitting today. Get up and move more often</p>	<p>20 Focus on 'eating a rainbow' of multi-coloured vegetables today</p>	<p>21 Regularly pause to stretch and breathe during the day</p>	<p>22 Enjoy moving to your favourite music. Really go for it</p>	<p>23 Go out and do an errand for a loved one or neighbour</p>
<p>24 Get active in nature. Feed the birds or go wildlife-spotting</p>	<p>25 Have a 'no screens' night and take time to recharge yourself</p>	<p>26 Take an extra break in your day and walk outside for 15 minutes</p>	<p>27 Find a fun exercise to do while waiting for the kettle to boil</p>	<p>28 Meet a friend outside for a walk and a chat</p>	<p>29 Become an activist for a cause you really believe in</p>	<p>30 Make time to run, swim, dance, cycle or stretch today</p>

ACTION FOR HAPPINESS **Happier · Kinder · Together**

Don't forget to send in your contributions and comments via the link!