

# THE HELPING HAND SCHOLAR GREEN NEWSLETTER



Welcome to the weekly well-being Newsletter!

Hi everyone, I really hope you are doing okay and taking care of each other.

Please let me know if there is anything you would like me to add to the newsletter. I do try to make it fun for you and add in a few thoughtful ideas too!

I'd like to set you a challenge-when you go to bed each night, think about 1 thing/person you have been grateful for that day. It really makes you think about how lucky we are!

Scholar Green's  
'Wiggy' the worry  
monster, says 'Hi' to  
everyone! xx



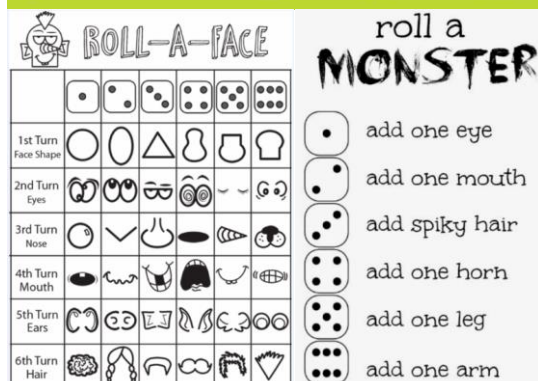
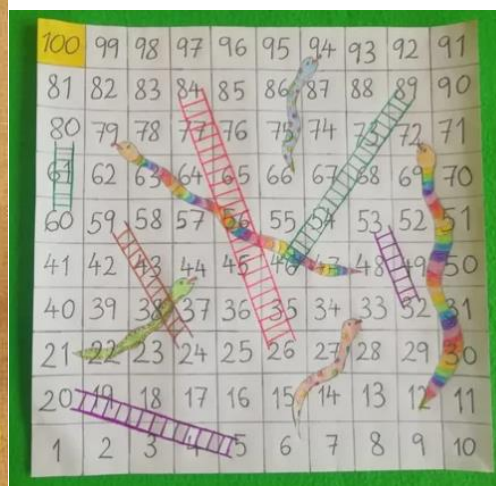
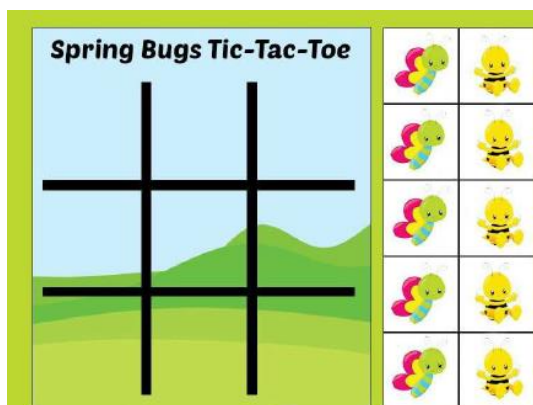
If you sometimes worry about things: why not have a go at making your own worry monster. Write your worry & feed it to your monster & they read it & munch it, so you don't have to worry anymore!

## You will need:

A disposable drinking cup  
Coloured paper/felt  
Pipe cleaners  
Googly eyes  
Pom-poms  
Sticky tape  
Scissors  
Glue



## IDEAS OF GAMES TO PLAY AND MAKE



Just a note to remind you that you can email me pictures of your creations or if you have any ideas or questions. I am here for you!  
[jashworth@scholargreen.cheshire.sch.uk](mailto:jashworth@scholargreen.cheshire.sch.uk)  
Have a lovely weekend.

Mrs Ashworth xx

