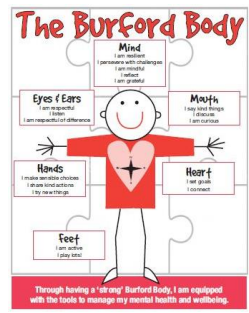




The Burford Body Bulletin

March 2024



Action for Happiness Calendar

Mindful March



[Click here to view the full calendar](#)

Physical Health

Running is one of the simplest and easiest ways to be active. There are so many ways you can get going – from jogging to school to running relay races down the park with friends! All children need to get started is a pair of running shoes.

Running in races teaches children about healthy competition, setting goals and achieving them, but it also can improve their performance in other sports, as it helps them develop core and back strength, endurance and co-ordination.

[England Athletics](#) can help you find a local club

[Parkrun](#) has more than 350 free junior events that take place most weekends.



Wellbeing Tip - Resilience

Resilience is a key skill for children to develop in order to be able to cope with life's challenges and participate in the world as a healthy adult.

When we are resilient, we have a strong sense of self-esteem and we believe in our ability to deal with problems. The following tips will help build resilience in children.

Help them build positive relationships with their friends and other adults.

Help them learn to be independent in their actions and thoughts.

Encourage them to understand, express and manage their emotions.

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.

https://app.pelorous.com/media_manager/public/209/Resources/How%20to%20build%20resilience%20and%20emotional%20health%20in%20children.pdf



Healthy Eating

Herby Vegetable Pasta Recipe

<https://www.nhs.uk/healthier-families/recipes/herby-pasta-with-veg/>



Monthly Mantra

Don't believe everything you think.

You glow differently when your confidence is fuelled by belief in yourself instead of validation from others.

Key Dates:

International Women's Day

8th Mar 2024

Neurodiversity Week

18th-24th Mar

World Sleep Day

15th Mar 2024

Nutrition & Hydration Week

11th -17th Mar

International Day of Happiness

20th Mar 2024

Bipolar Awareness Day

30th Mar 2024

Mental Health Awareness

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations. Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. Neurodiversity is about recognising those who think differently and understanding that the world benefits from different thinkers!

For more information please visit: <https://www.ldrfa.org/understanding-neurodivergence-guide-for-parents/>