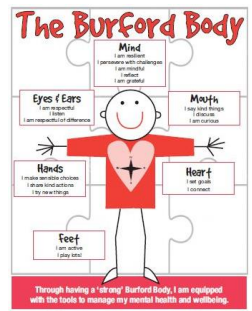




The Burford Body Bulletin

November 2023



Action for Happiness Calendar

New Ways November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Try out a new way of being physically active.	2. Try out a new way of being physically active.	3. Plan a new activity for when you want to be with friends.	4. Write a postcard to someone you care about.	5. Be outdoors. Look for something new to see, hear or smell.	6. Try to do something new every day.	7. Change your routine. Do something different from your usual.
8. Try out a new way of being physically active.	9. Find a new way to help or support someone you care about.	10. Write a postcard to someone you care about.	11. Look at a picture of a place you like and think about how you would like to visit it.	12. Try to do something new every day.	13. Connect with someone from a different generation.	14. Find out what your school is doing to help the environment.
15. Try out a new way of being physically active.	16. Find a new way to help or support someone you care about.	17. Write a postcard to someone you care about.	18. Look at a picture of a place you like and think about how you would like to visit it.	19. Try to do something new every day.	20. Connect with someone from a different generation.	21. Find out what your school is doing to help the environment.
22. Try out a new way of being physically active.	23. Find a new way to help or support someone you care about.	24. Write a postcard to someone you care about.	25. Look at a picture of a place you like and think about how you would like to visit it.	26. Try to do something new every day.	27. Connect with someone from a different generation.	28. Find out what your school is doing to help the environment.

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

Physical Health

Make the most of what autumn has to offer. Colours, smells, sounds... everything changes at autumn time!

Walking for as little as 10 minutes in a natural setting can help improve your mood and reduce the effects of both physical and mental stress. Try to pay attention to your surroundings and discover new things to see, hear, smell and touch.

<https://primarysite-produced.s3.amazonaws.com/burford-school-marlow/UploadedDocument/d387b5fd-8914-4e7b-8fa6-bd6a34fe7091/walk-to-school-activity-ideas.pdf>



Wellbeing Tip - Happy Place

Sometimes we may feel sad, worried, angry or lonely and it is important to develop ways to manage these feelings.

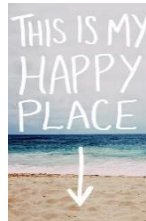
A useful strategy is to have a 'happy place' that you can escape to - this can be a real place or a place pictured in your mind. Ask yourself:

Where is your happy place?

When you think of your happy place, who is with you?

What do you have with you in your happy place?

What is it about your happy place that cheers you up?



Then visit your happy place or close your eyes and imagine you are there. Keep this happy place with you and remember it when things become challenging. Don't forget - your happy place can change at any time. It's up to you!

Healthy Eating

Cheats Pizza Calzone Recipe

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



Monthly Mantra

I trust that every opportunity that comes my way is there to help me grow and become the best version of myself.

Key Dates:

Stress Awareness Day	2 nd Nov 2023	Remembrance Day	11 th Nov 2023
Anti-Bullying Week	13 th – 17 th Nov 2023	World Children's Day	20 th Nov 2023
World Kindness Day	13 th Nov 2023	Road Safety Week	19 th – 25 th Nov 2023

Mental Health Awareness

Research shows that kindness improves mental health by creating a sense of belonging. It helps reduce stress, brings a fresh perspective, deepens friendships and helps boost self-esteem. Try these simple ideas:

1. Compliment the first three people you talk to.
2. Say good morning/afternoon as you walk past people.
3. Pick up litter. Spend 10 minutes cleaning a park or your local area.

