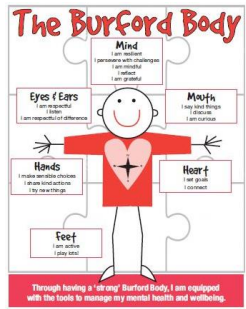




The Burford Body Bulletin

September 2023



Action for Happiness Calendar

Self-care September



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

Physical Health

Badminton is a brilliant way to get into racket sports. It gets you moving and helps develop coordination, agility and balance.

You can play in an indoor sports hall or outdoors, and it's a great sport for the back garden or the park. All you need is a couple of rackets, a shuttlecock and something to mark out the court – anything from jumpers to skipping ropes will do!

<https://www.badmintonengland.co.uk/on-court/find-a-court/>



Wellbeing Tip - Gratitude

Research suggests that gratitude is strongly associated with greater happiness, helps people feel positive and improves mental health.

A Gratitude Jar can help your child to feel thankful for the things in their lives.

At the end of the day, children can write something they are grateful for on a piece of paper, fold it up and place it in a jar.

At the end of the week, or if your child has a difficult day, they can read some of the gratitudes to remind them of the wonderful things in their life.



Healthy Eating

Baked Potato with Mince Recipe

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



Monthly Mantra

I am open to new experiences and challenges.
I have the confidence and strength to face any obstacle.

Key Dates:

World First Aid Day	9 th Sept 2023	Youth Mental Health Day	19 th Sept 2023
National Fitness Day	20 th Sept 2023	Happiness at Work Week	25 th – 29 th Sept 2023
World Gratitude Day	21 st Sept 2023	Travel Wise Week	16 th – 22 nd Sept 2023

Mental Health Awareness

Anxiety is a normal emotion in us all, but sometimes it can become overwhelming and affect our mental and physical wellbeing. Many children struggle with return to school anxiety. These links provide support and tips on coping with feelings of anxiety and return to school anxiety.

- <https://www.youngminds.org.uk/young-person/blog/tips-for-dealing-with-back-to-school-anxiety/>
- <https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/anxiety/>
- <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week/what-can-we-do-cope-feelings-anxiety>

