

# Friday Post

Friday 17th January 2025

## Our School Value: Courage

**Key verse:** "Be strong and brave. Don't be afraid. The Lord your God will be with you everywhere you go." **Joshua 1.9**

Dear families,

It has been another busy week with lots of additional activity taking place on-site; you will have no doubt noticed the work being done on our fences!

Our Year 2 children enjoyed a visit this week from a local NSPCC volunteer, Carol. Who delivered an additional session on Speak Out, Stay Safe. The children enjoyed the session and came away talking confidently about what they had learnt.

Myself and Mrs Trumble met with the Worship Team and School Council this week. Both meetings were productive, the worship team writing a letter to the children at the Care Point in Mafambisa, South Africa. In the School Council meeting, the children discussed changes being made lunchtime including library and toilet passes, and the introduction of an indoor activity from 12.30pm.

We are currently reviewing our writing curriculum and have already made some positive changes in Foxes. Mrs Carrington spent Thursday carrying out some training to support this, and I had the pleasure of visiting another local school using the same approach on Monday morning. We are looking forward to spending our INSET day on January 31st carrying out further work on this.

Next week, we are looking forward to welcoming Rev. Manda into school for a lunch time drop-in and worship.

Have a wonderful weekend,

Miss Phillips



31st January  
2025 is an Inset  
Day - school is  
closed to pupils.



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St Leonard's First School & Nursery,  
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 **Staffordshire  
University  
Academies  
Trust**

We have been continuing to 'investigate sound' listening to different sounds around school and have even made our own 'telephones'!



In ICT we have been learning about spreadsheets and have been inputting our own times tables data into them.



# Attendance figures

School Attendance 3th - 17th January 2025

Hedgehogs 97%

Owls 95%

Foxes 99%

Whole School 97%

The National target for attendance, as set out in guidance from the DFE is 95%

Please note fixed penalty notice referrals **will** be made to the Local Authority for term time holidays.

In our worship team meeting, we wrote a letter to accompany the books we have chosen to send to the children at the Care Point in Mafambisa, South Africa. The team from Wolgarston are visiting in February and will take our donations. We used our letter to introduce ourselves and to explain our book choices. We are looking forward to hearing what the children make of the books.



RSPB Big Garden Birdwatch 24th-26th January 2025



Children have been learning about the RSPB Big Garden Birdwatch.

**What is Big Garden Birdwatch?**

Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers take part, helping to build a picture of how garden birds are faring. **Please follow the link below to find out how you can join in with the campaign at home:** [https://www.rspb.org.uk/whats-happening/big-garden-birdwatch?sourcecode=bwmith0230&utm\\_source=googleads&utm\\_medium=paid-search&utm\\_campaign=bgbw-2025&utm\\_content=ppc&gad\\_source=1&gclid=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD\\_BwE&gclsrc=aw.ds](https://www.rspb.org.uk/whats-happening/big-garden-birdwatch?sourcecode=bwmith0230&utm_source=googleads&utm_medium=paid-search&utm_campaign=bgbw-2025&utm_content=ppc&gad_source=1&gclid=EAIaIQobChMIImeDcv7zpigMVL6NQBh35izNDEAA YASAAEgL4WfD_BwE&gclsrc=aw.ds)



This week in Art, Owls have started to make their own African mask, this also ties in with their Geography topic too! Watch this space for the end result .....





Use your child's home learning tasks below to support their learning outside of school. Tasks should be brought in throughout the half-term to be shared and celebrated in class.

Thank you!

### Hedgehogs:

**Writing** - Write or paint your name in Chinese symbols.

**Writing** - make a list of food you would order for a Chinese meal.

**Reading** - look at labels of Chinese food in the supermarket and menus for Chinese takeaways

**Science** - experiment freezing different objects. What happens when you freeze washing up liquid?

**Geography** - Find China on a map or globe, look at pictures of people who live there or videos that explain what it is like to live there.

**Geography** - help prepare a Chinese meal. What is the difference between rice noodles and egg noodles?

**Creative Arts & Design** - Draw, paint or craft a Chinese Dragon.

### Owls:

**Science** - What microhabitats can you find in your garden/local park etc? Try turning over stones and logs to see what is living underneath. Draw/write/photograph what you find and where you found it.

**Science** - Go for a walk and look out for signs of winter. Draw/write/photograph what you find, e.g bare trees, frost etc.

**Geography** - In class we are learning about the continent of Africa and the country of Kenya. The equator runs through Kenya. Use a world map to find another African country on the equator. Find out and write down some interesting facts about this country.


**Geography/Art** - Look at some African patterns online. Can you create your own African pattern?

**Maths** - Numbots. Little and often is best to support fluency in number bonds.

### Foxes:

Choose at least five countries, other than Britain, that were invaded by the Romans. Draw their flag and write an interesting fact about each country.

Choose an aspect of Roman life: Roman Houses, Roman Baths, Roman Clothing or Roman Religion Create a fact file including information and pictures.

Research three musical instruments that the Romans played. Draw a picture and write one piece of information about each instrument. Which instruments would sound similar today? 



Write a job advert for the position of a Roman Soldier.



Children should be accessing TT Rockstars regularly to support their fluency in their times table knowledge. Please speak to Mrs Carrington if you require the log in for this.

All children should be heard reading their school book a minimum of 4 times a week. Re-reading a book helps develop fluency and comprehension.

Books will be changed on **Tuesdays** and **Fridays**.





Next week we are learning

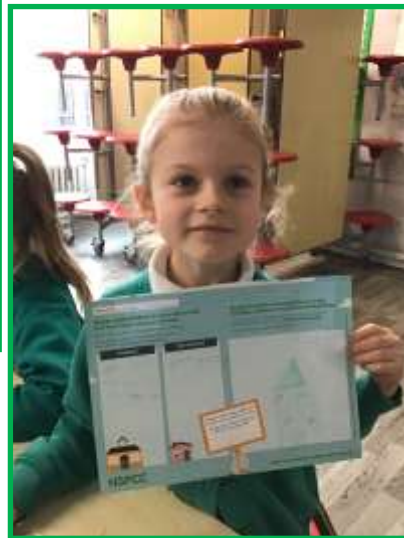
**'Strong & Courageous**

Strong and Courageous

Click the link above to find the lyrics & music



Carol from the NSPCC talked to the children having about situations that could harm them such as having no food, bullying or being physically hurt. She then talked about who is a trusted adult and the importance of talking to them i.e. if they don't speak up nothing will change. The children answered lots of questions around the subject she was talking about and retrieved lots of information from their NSPCC assembly. Carol went through the actions for the childline number that the children remembered from the assembly and a safe website that children can access. The children were given an activity booklet to start which they could continue at home.



Help us to fill our display!

Thank you to everyone who has sent in photos of their child reading in an unusual place – please keep them coming! Email them to office@st-leonards-dunston.staffs.sch.uk

# Weekly House Point Tally

Oak



90

Holly

85

Sycamore

66

## Ark - Late collections

We have had an increased number of pupils who are booked into Ark until 4pm being collected after this. Please note, you will be charged for the second hour if your child is collected late. We appreciate there are times you may be running late for reasons beyond your control and ask that you call the office if this is the case. A separate late charge is in place if children are collected after 5pm.

## Fidget toys

We have an increasing number of children bringing fidget toys into school. While we understand some children benefit from these, we ask that a discussion takes place with your child's class teacher about this prior to the toy coming into class - please make an appointment with the office to do this. Fidget toys which are too large, noisy and not used correctly can cause a distraction to others - if this is the case, teachers will remove them.



## Next Meeting

Everyone is welcome to come along to the next PTFA meeting which is Monday 20th January at 4pm.





## Do you think that scientists are always right?

**Teddy P** "No, because everyone makes mistakes"

**Rohan** "No and everyone can make mistakes, but you can learn from them"

**Thomas** "Scientists have to get proof before they can say they are right"

**Savannah** "No, not always as scientists sometimes say that we are going to have thick snow and it never happens"

**Finley** "No not really, Scientists say aliens are on the moon, but they have no proof"

**Lola** "No, not always, not everyone is right, nobody is that smart"

Miss Phillips will be asking the children's thoughts on the following question during Worship on Friday.

### BIG QUESTION

What colour would a zebra be if it lost all its stripes?

#### Year of Prayer: January

All loving God,  
you call me to love my neighbour as myself,  
help me to pray for those I find it hard to love or call 'neighbour'.  
Show me the way in which I can offer a welcome  
to those I call a 'stranger', those different from myself,  
and see in them, your holy presence.  
Reveal within me a generous heart  
and accept my slow and hesitant steps to include all  
when I come before you in prayer.  
This I ask in the name of Jesus.  
Amen.



To continue our learning about China, we transformed our role play area into a Chinese Takeaway and learnt how to prepare Chinese food. The children also enjoyed doing messy play with egg noodles and describing what they were like. We also continued to think about the Great Wall of China in our play outside using the sand and loose parts. Nursery have been practising s more in their phonics with lots of the children talking about the sound and where they see it. Learning about it has really helped children with s in their names with their writing. We have found out about what Chinese New Year is by reading The Great Race story and finding out why red is an important colour to the people of China.



## School Meal Price Increase

We have been made aware by our school meal provider Edwards & Ward that there will be an increase to the price of a school meal. From April 2025 the cost of a school meal will rise to £3.20 per meal for children in Nursery, Y3 & Y4

If your child has a school lunch it is **important to keep your ParentPay account topped up with funds.** For children in our Nursery, Year 3 and Year 4 there is a cost of £2.95 per day or £14.75 per week.



ParentPay®

## WC 20th January 2025 - Week THREE



	WEEK ONE	WEEK TWO	WEEK THREE
MONDAY	Margherita Pizza with Jacket Wedges (V) Veg of the Day Vanilla Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Chocolate Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V) Veg of the Day Sultana Shortbread (Ve)
TUESDAY	Pork or Veggie (Ve) Sausages with Mash & Gravy Veg of the Day Apple Sponge (V)	Sausage Roll with Mash & Gravy Veg of the Day Carrot Cake (V)	Chicken Meatballs with Mash & Gravy Veg of the Day Pineapple Upside Down Cake (V)
WEDNESDAY	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)	Roast of the Day with Roasties & Gravy Veg of the Day Jelly (Ve)
THURSDAY	Penne with Beef Bolognese Veg of the Day Sultana Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Apple Flapjack (Ve)	Mac & Cheese (V) Veg of the Day Flapjack (Ve)
FRIDAY	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips Veg of the Day Vanilla Ice Cream with Banana (V)
	21/1/24, 23/1/24, 14/10/24, 4/11/24, 25/11/24, 16/12/24, 6/1/25, 27/1/25	9/1/24, 30/1/24, 21/10/24, 11/11/24, 2/12/24, 23/12/24, 13/1/25, 3/2/25	16/1/24, 7/10/24, 28/10/24, 18/11/24, 9/12/24, 30/12/24, 20/1/25, 10/2/25

Choice of **Classic Tomato Pasta** or **Filled Jacket Potatoes** also available daily along with freshly baked bread, salad, fresh fruit, yoghurt, jelly and fresh drinking water.

V - Vegetarian Ve - Vegan



### No nuts please

Please note due to children in school with allergies please do not send any products containing nuts into school for break or lunch times. Thank you for your co-operation.

## Lockdown practice

As part of keeping everyone safe at school we regularly have fire drill practices - this month we will also practice our 'lockdown procedures' should the unlikely event happen.

## Achievements from home



Gymnastics

If your child has recently received an award they would like to share with us, eg swimming, football, dance, Beavers, Brownies etc please send them into school & we will share them during our Celebration Worship on Friday.

Mrs Trumble and the school council met this week to discuss how we could improve lunchtimes. We talked about safety and what we could do to ensure everyone is safe at lunchtime. The children talked about how we could limit the number of children in the library and in the toilets at one time. The school council went back to their classes and introduced to their peers a new library pass and toilet pass. They thought these were a good idea because we could tell who had permission to be in the library and staff would know how many children would be using the toilets at any one time. This would make it safer if there was a fire.



The children also talked about how an inside activity at lunchtime would benefit some children. Some selected doing arts and crafts while other suggested having some board games out. This week they decided to trial having some colouring sheets and activity sheets out.



### *Our Safeguarding Team*

Miss Phillips is our Designated Safeguarding Lead

Miss Laing is our Deputy Safeguarding Lead

Should you hear or see something that concerns you, please contact the office to speak to either of them.



Please search for  
St Leonards First School  
& Nursery

Don't forget to keep  
up to date by  
following us on ..



Our School website

<https://www.st-leonards-dunston.staffs.sch.uk/>

# dates to Remember

Monday 20th January @ 4pm	PTFA meeting - everyone welcome to come along
Friday 31st January	Inset Day - School closed to pupils
Monday 17th February Friday 21st February	Half term holidays
Thursday 10th April	Easter Church celebration - everyone welcome
Friday 11th April	Inset Day - School closed to pupils
Monday 14th April Friday 25th April	Easter Holidays
Monday 5th May	May Day Bank holiday - School closed
Monday 26th May Friday 30th May	Half Term
Monday 2nd June	Inset Day - School closed to pupils
Friday 18th July	Last day of school
Tuesday 22nd July Friday 29th August	Summer Holidays

## PE Days

Please make sure your child has their PE kit in school on the relevant days.

Hedgehogs - Fridays    Owls - Thursdays & Fridays    Foxes - Thursdays & Fridays

**Please tie long hair back and children who wear earrings MUST remove them in advance of school if they can not remove them, themselves.**



**FOXES** - you will need your swimming kits on Fridays.



Better  
Health

Start  
for Life

NHS

Top tips for

TEETH



Children aged 3+



1.

Help them brush  
**TWICE A DAY**  
to keep decay away

Help your child brush **twice a day** from the moment their **first tooth appears** until they're at least 7 years old.

2.

**PROTECT THEIR SMILE**  
with regular visits to the dentist

Under 18s are entitled to **FREE** NHS dental treatment in England.



3.

Encourage them to  
**SPIT, NOT RINSE**

Don't **rinse** with water after brushing as it washes away fluoride. As they get older teach them to **spit** instead.



4.

**SKIP THE SUGAR**  
they're sweet enough!

Too much food and drink containing sugar can lead to tooth decay. Swap snacks and drinks containing sugar for healthier options like fruit and veg.



5.

At night,  
**SNACKING STOPS**  
when the brushing starts

Protect their smile. **Don't** offer food or drink after brushing teeth at night.



Search **Start for Life** or scan the QR code for more tips and advice for taking care of your little one's teeth.

# Summer swimmers

are made in winter



## Learn to Swim at Stafford Leisure Centre

Dear Parents,

I hope this email finds you well.

Summer Swimmers are made in the winter!

Give your child the skills to dive into summer with confidence! Learning to swim is more than fun – it's a life skill that opens the door to adventure and ensures their safety in and around water.

Member Benefits!

- 30-minute lesson every week for 50 weeks of the year
- FREE Swimming in our lane and open sessions
- Free Swim Cap
- FREE Online Progress portal

All for £33.50 a month!

### February Half Term

We are running our Private Swimming Lessons during February Half Term, we sessions taking place on:

Monday 17<sup>th</sup> between 9am-11:30am, Wednesday 19<sup>th</sup> & Thursday 20<sup>th</sup> between 9am-11am.

Feel free to reach out to the leisure centre directly on (01629) 581322. Let's encourage a healthy and active lifestyle for our children!

The lessons are conducted by certified instructors, ensuring a safe and supportive environment for learning. If you're interested in enrolling your child, please enquire using the following link

<https://bit.ly/4hl0rQs>

Best regards,

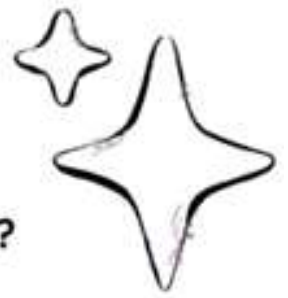
**Megan Brier**

Area Swim Manager - Derbyshire Dales, Stafford & Stone

[megan.brier@freedom-leisure.co.uk](mailto:megan.brier@freedom-leisure.co.uk) | [www.freedom-leisure.co.uk](http://www.freedom-leisure.co.uk)



# Joy Potion



What would you add to your potion of joy?  
What makes you happy?

A sprinkle of...?

A dash of...?

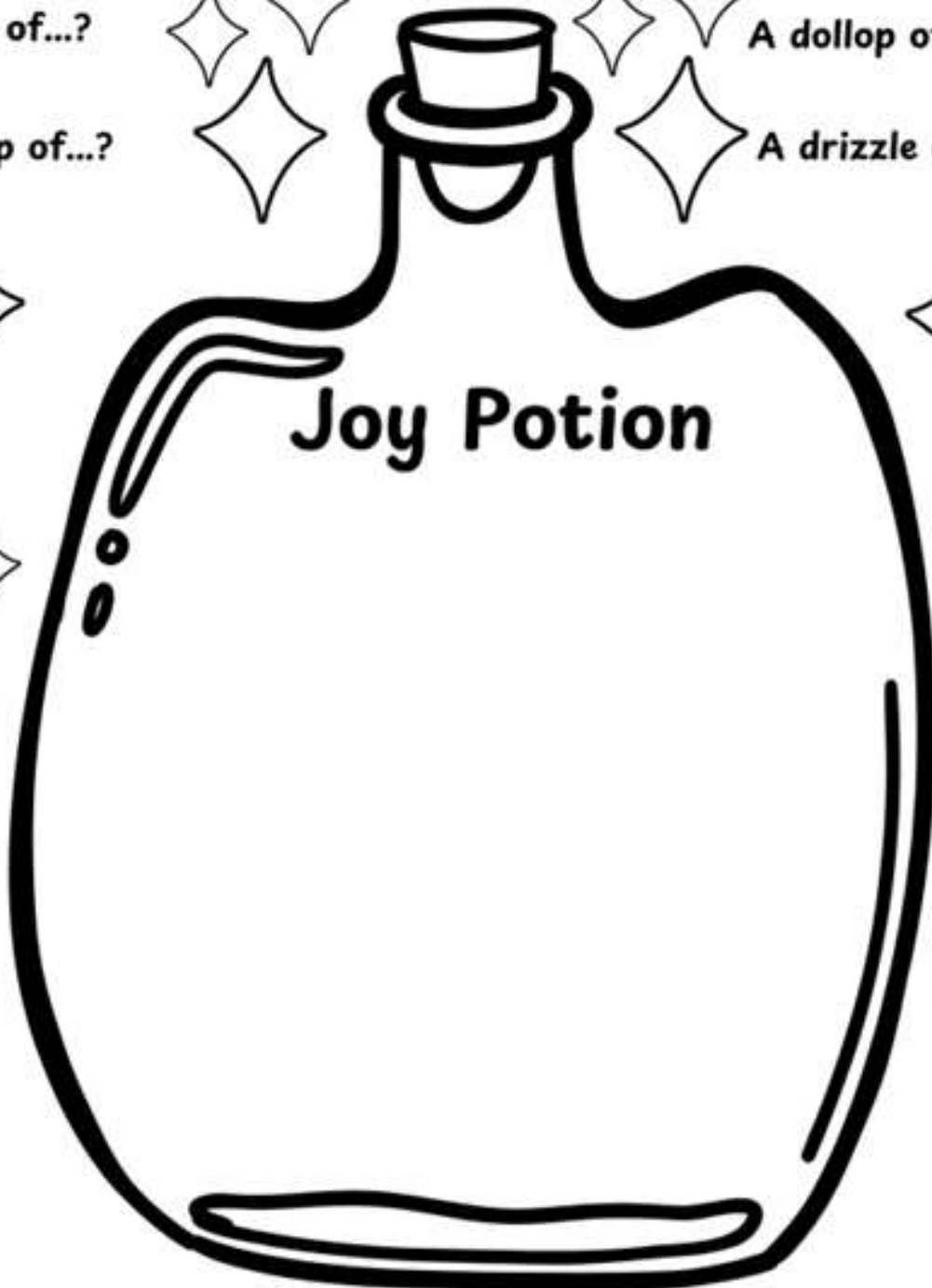
A spoonful of...?

A cup of...?

A dollop of...?

A drop of...?

A drizzle of...?





SKILLS  
FOR LIFE

Multiply

# MATHSMASTER



## Free Game Packs!

- Inspired by 'TaskMaster'! This fun, frantic, family game is FREE for families in Staffordshire! Ideal for SATs preparation, but great for all ages!

## Can you beat the MathsMaster?

If you're a parent or carer looking for a way of supporting your child to find the fun in maths, MathsMaster is for you! This game will take you through quick, silly challenges to make maths accessible and fun!



Staffordshire  
County Council

## Disclaimer!

Side effects of playing MathsMaster may include:

- Excessive amounts of fun
- Increased family bonding time
- The giggles
- May lead to heightened interest in maths



## Order your FREE pack today!

To get your hands on the MathsMaster game pack, contact Rebecca on 07525 120117 / [beatthemathsmaster@gmail.com](mailto:beatthemathsmaster@gmail.com). Provide your FULL NAME, ADDRESS AND DATE OF BIRTH (it's the adults details we need) and we'll pop your game pack in the post! Easy as that! Plus it's FREEEEEE!

Or sign up here!



# What Parents & Educators Need to Know about

# TIKTOK

AGES 13+

## WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

## AGE-INAPPROPRIATE CONTENT

While TikTok's following feed only displays videos from familiar creators, for you it is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

## BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys, both are prevalent on TikTok. One extreme example of the latter was the 'bleebout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

## IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £5.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

## CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-18s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

## MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 16-year-olds use TikTok as a news source – so you should be wary of ideological, racist or conspiracy-themed material shaping how they see the world.

## ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app, that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, Techradar, Tom's Guide, The Evening Standard and The New Statesman.



### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

#WakeUpWednesday

The National College

# Your Speak out. Stay safe. certificate

Awarded to:


St Leonard's CofE First School

A massive thank you and a big well done to all pupils for being such great listeners and taking part in *Speak out. Stay safe.* with Buddy.



Peter Wanless  
Chief Executive

Date: 15/01/2025



Thank you for helping to keep more children safe!

**NSPCC**

EVERY CHILDHOOD IS WORTH FIGHTING FOR

Activat

# FROM PRAM TO PRIMARY SCHOOL



**STARTING JANUARY 2025**

**FREE SESSIONS**

Would you like to feel more confident in your parenting? Would you like to learn more about your child's behaviours and their emotional development? Then Pram to Primary might be the course for you!

We offer free 6 week courses for parents of 0-11 year olds with both face-to-face and virtual options available.

To book your place email [Groupwork@staffordshire.gov.uk](mailto:Groupwork@staffordshire.gov.uk)




# SIMPLY PLAY FOR BABIES



**STARTING JANUARY 2025**

**0-12 MONTHS**

Simply Play for Babies is a 10 week course for you and your baby. The course covers topics such as

- "Finding my hands"
- Teeth
- Creative Play
- Weaning

To book a place please email [groupwork@staffordshire.gov.uk](mailto:groupwork@staffordshire.gov.uk)

**FREE SESSIONS**






## EarlyBird Plus Course for Parents

### Has your child received an autism diagnosis?

Join the National Autistic Society's EarlyBird Plus programme delivered in Staffordshire by the Autism Inclusion Team to understand more about autism and how you can support your child.



Meet other parents and share experiences on our ten-week programme. Designed for parents of children aged from four to nine, we can help you understand autism and support your child, including:

- supporting interaction
- understanding sensory differences
- developing play
- interpreting behaviour.

*"Lots of strategies to use with my child / share with others. Thank you so much for all of the amazing tools and inspiration to make a difference." Parent 2024*

Staffordshire Autism Inclusion Team will be delivering this course at: [Bridgtown Primary School, Cannock](#)

The course runs over ten weekly sessions including two individual sessions. You will need to be able to commit to attending all 10 sessions.

On the following dates from 9.30am – 12.30pm – tea and coffee provided

- |  |  |
|--|--|
| 1. Monday 27 <sup>th</sup> January 2025  | 6. Monday 17 <sup>th</sup> March 2025            |
| 2. Monday 3 <sup>rd</sup> February 2025  | 7. Monday 24 <sup>th</sup> March 2025            |
| 3. Monday 10 <sup>th</sup> February 2025 | **Monday 31 <sup>st</sup> March 2025**           |
| 4. Monday 24 <sup>th</sup> February 2025 | 8. Monday 7 <sup>th</sup> April 2025             |
| **Monday 3 <sup>rd</sup> March 2025**    | **Two individual sessions arranged as convenient |
| 5. Monday 10 <sup>th</sup> March 2025    |  |

For more information and to register for this free course please contact:

[kate.perry@staffordshire.gov.uk](mailto:kate.perry@staffordshire.gov.uk)

# SIMPLY PLAY



**STARTING JANUARY 2025**

**0-4 YEARS**

**FREE SESSIONS**

This Parent and Child course is perfect for parents who would like to learn more about their 0-4 years old child development and how they can support it through the sessions play activities. This course includes topics such as

- Physical Development
- "Let's make marks"
- Early Communication
- Out and About

To book a place please email [groupwork@staffordshire.gov.uk](mailto:groupwork@staffordshire.gov.uk)




## PRACTISING SELF-COMPASSION

Here are some examples of ways you can implement self-compassion into your daily life.

### DAILY AFFIRMATIONS

Daily affirmations are positive statements that go against negative thoughts about yourself. They help to remind you to treat yourself with kindness.



I can do this

I am loved

I am amazing

I believe in me

I matter

I am brave



The Sandbox

## JOURNALING

Journaling can help you self-reflect and release emotions. It helps you explore your feelings and be more compassionate towards yourself.



How am I feeling today?

What do I need today?

How can I meet my own needs?



### GRATITUDE

Writing down what you are grateful for each day can help your brain focus on the positive aspects of your life, which can boost self-compassion.

I am Grateful For



The Sandbox

PRINTER-FRIENDLY

### PRACTISING SELF-COMPASSION

Write down six affirmations for yourself.


Now cut them out and stick them somewhere where you will see them. For example, your bedroom wall or bathroom mirror.

The Sandbox

PRINTER-FRIENDLY

### JOURNALING PROMPTS

Print this page and stick it in the front of your journal for reference, or copy these prompts directly into your journal!

How am I feeling today?

What do I need today?

How can I meet my own needs?

### GRATITUDE PROMPTS

Use these prompts as an example for your own list of daily gratitudes.

What are 3 things I'm grateful for today?

What about myself am I grateful for today?

The Sandbox