

The Webb Schools Newsletter

Volume 6 - June 3rd, 2020



June 16th – Grace Webb Graduation & Last Day of School
June 17th – Webb Cheshire Last Day of School
June 18th – Webb in the Valley Last Day

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what’s going on around us.”

Mindfulness.org

10 Activities to Help Create Mindfulness

1. Mindfulness 5-4-3-2-1. Think of :

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

2. Yoga

3. Use Crafts

4. Listen to Music

5. Use breathing visuals

6. Guided meditations

7. Connect with nature

8. Mindful coloring

9. Gratitude lists

10. Close your eyes (for about 5 minutes)



KEEPING THINGS FUN:

Glow in the Dark Bowling:

Supplies needed:

10 waterbottles

10 glow sticks

Ball

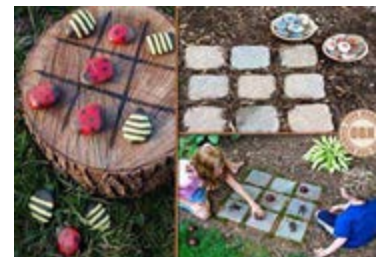
Scavenger Hunt For Colors



Example: Find me things that are red/blue/white

Tag/Hide and Seek

Tic Tac Toe



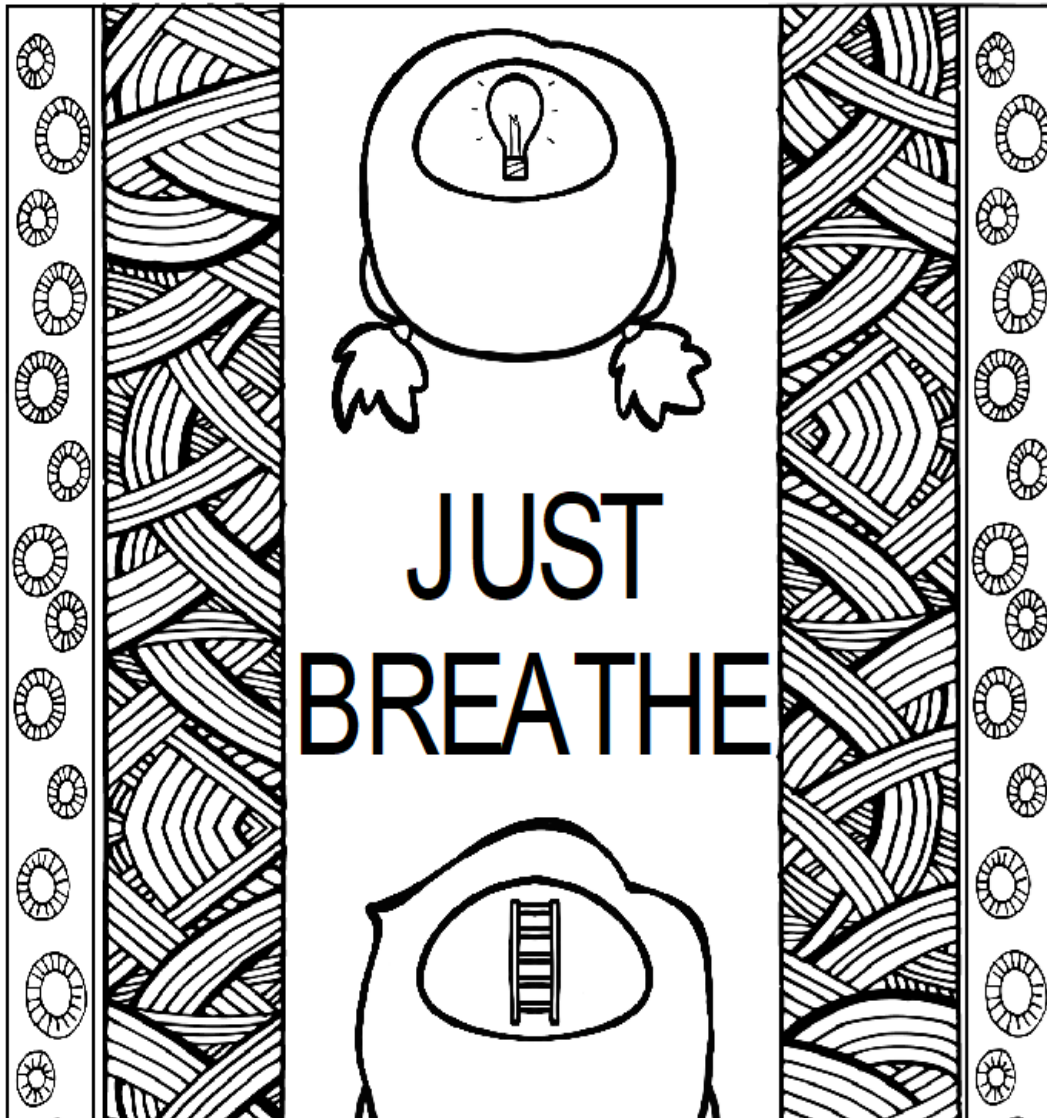
Sidewalk Chalk Board Game:

viewsfromstepstool.com



Coloring is a great way to practice mindfulness. Just color below. Don't make any judgments about your coloring or work. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.

Coloring is a great way to practice mindfulness. Just color below. Don't make any judgments about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.



The Mindfulness activities and coloring page was provided by www.thpathway2success.com and Teachers Pay Teachers

RESOURCES:

***Hartford Healthcare** has provided a 24-hour hotline: 860-972-8100 or toll free 833-621-0600 or www.hhchealth.org

***CCMC** has a hotline for **children telehealth:** 833-226-2362 and for *adult telehealth:* 877-707-4442.

*If you, a friend, or family member needs support or just needs to talk, the **HHC Behavioral Health Network (BHN)** is here to help. Call the **BHN Warmline at 888-985-2408**, which is open Mondays through Fridays 5:00pm until 11:00pm. If no one answers, leave a message and someone will return your call. This supportive service is free.

***In case of emergency:**

Call 911

***In case of psychiatric emergency:**

Call 211