

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

15th November 2024

MESSAGE FROM THE HEADTEACHER

Dear Families

We have come to the end of our second week of Autumn 2 and the children have settled straight back in.

Assembly

Our week started with a special Remembrance assembly led by Reverend Griff. The children really showed respect during the assembly and it was a privilege to have Mrs Wild from NMPAT (usually our keyboard teacher but brass player by trade) play the Last Post. For some of our children, this was the first time that they had heard this important piece of music and it was a very special moment.

Anti Bullying Week – Choose Respect

This week has also been Anti Bullying week. Bullying has, and always will be, totally unacceptable here at EHPS and we do everything we can to educate our children on the impact of bullying and what to do if ever they feel that they need support. Sadly, bullying can now occur offline and online so as adults in our young people's lives we owe it to them to educate ourselves and keep them safe. In last week's assembly Mrs Roberts reminded the children about the acronym STOP which both defines bullying Several Times on Purpose and gives guidance to our children with what to do if they feel that they are experiencing bullying – **S**tart **T**elling **O**ther **P**eople.

[Click here](#) to watch a video that we shared with the children during the week.

Thank you for sending your child to school in odd socks on Tuesday to help raise awareness for Anti Bullying week.

Positive Noticing Day

On Wednesday, it was one of our favourite days of the year – Positive Noticing Day. On this day we all spend time thinking about the brilliance in others and positively noticing them. Everyone in our school community will have left with a tag which reflects something positive about them and whilst we come to school to learn, we want our school community to learn that they are brilliant and we notice this!

Year 3 & 4 Tag Rugby

Last week, Mrs Wardell was back out on the road but this time with our Year 3 and 4 children in a Tag Rugby tournament which was held in Towcester. Once again, each and every child displayed our values and rules brilliantly and were a credit to you and our school. More information on page 5.

Parents' Evenings

This week has seen us open our doors in the evening for our Parents' Evenings. It has been wonderful to hear so many positive comments about our school and it is a delight to share your child's learning journey with you. As always, if you have any more questions, or feel that you would like to meet with either myself or another Senior Leader, please know that our doors and emails are always open.

Finally, thank you for supporting our school book fair (all proceeds go directly back into our brilliant school library) and for your kind words.

New Intake Tours

Thursday saw another New Intake Tour for prospective parents due to start with us in September 2025. Most of our tours are now sold out but if you know of anyone who maybe interested in joining our school, please get them to book a tour by clicking on [this link](#).

Thank you everyone for your support. Next week we look forward to our Life Education and SCARF workshops (please remember that children will be eating in the classrooms due to the Life Education Tent in the hall so **if you normally book a hot dinner, please make sure you have booked a sandwich**).

Have a lovely weekend.

Ms Pennington

SU NEWS - PURPLE CLASS

In Autumn 1 Purple class studied Islam in RE. We learnt about the story of creation and the importance of taking care of our world. In the last week we went on a litter pick to help look after our local environment.



In maths we did lots of work on shape - 2D and 3D. We finished this topic with a creative junk modelling session.



This half term we are looking forward to learning about the shoe industry as we study the class text - The Elves and the shoemaker.

Sarah - Purple Class Teacher



West Northamptonshire Council

Apply for a school place

Is your child's 4th birthday on or before **31 August 2025**?



It's time to apply for a Reception place



Application Deadline:
15 January 2025



www.westnorthants.gov.uk/school-admissions

SCHOOL TRANSITION INFORMATION

Reception Places September 2025

For children who turn 4 from 1st September 2024 - 31st August 2025

- 10th September 2024
Online Applications open
- 15th January 2025 - Midnight
Online Applications close
- 16th April 2025
National Offer Day

[Click here to book](#) a tour at East Hunsbury Primary School.

BOOK NOW



Christmas LUNCH

If your child would like school Christmas lunch, please order on School Grid by 9am on Friday 6th December.

November Issue



This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

[CLICK HERE FOR WEST NORTHAMPTONSHIRE'S NEWSLETTER](#)

MUFTI FRIDAY 29TH NOVEMBER



The Friends of EHPS ask you to donate an item to be part of a Christmas Hamper. The hampers will then be raffle prizes. Winning tickets will be drawn at our Christmas Fete on Saturday 7th December 2024.



In exchange for these items, your child can come to school in mufti clothes on Friday 29th November.

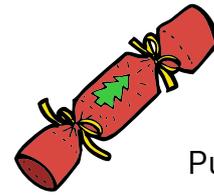
Lists will be put up on outside classroom windows for you to sign up. If you don't sign up, please do still bring in something from the list. Please check the sell by dates. **If you donate alcohol this must be handed to a member of staff by an adult.**



Sweet biscuits



Savoury biscuits/crackers



Christmas Pulling Crackers



Crisps/snacks



Panettone



Christmas Pudding



Bottle of wine/alcohol



Jam



Sweets
Chocolates
Selection box



Mince Pies



Notebook
and pen



Popcorn



Chutney



Non alcoholic
drink



Christmas cake



Cheese
straws



Hot
Chocolate



Scented
Candle



Hand wash



Greatly appreciated....

**Chocolate Donations for the
School Christmas Fayre**

**The Year 2 Team will be collecting
from now until the Christmas Fayre**

Thank you



Here is a wreath we laid at the Remembrance Day event at East Hunsbury Library

EHPS Christmas Fayre
Sat 7th December
10am - 1pm

**External stalls - Name the teddy -
Raffle - Chocolate Tombola - Games -
Refreshments - and much much more**

Special performance by EHPS choir

Come and join the festive fun!

FREE ENTRY

EHPS Penvale Road, Northampton NN4 0QW - 01604 677970

The Year 3 & 4 Tag Rugby competition took place at Towcestrians RFC and was organised by Northamptonshire Sport in conjunction with Towcester Rugby Club and NSB Sports Leaders who refereed the game.

26 teams took place from across the district and the standards were very high. We played 3 rounds, 3 games in each round. We came 16th overall but the difference in the team from their first game to their last was amazing. They all tried incredibly hard and showed excellent resilience and respect.



EHPS HOUSE POINTS TOTALISER

	 Whittlewood	 Harlestone	 Everdon	 Salcey
This week	131	126	150	153
Grand total	1489	1218	1433	1279



East Hunsbury Primary School

E-Safety Parent Information Evening

Presentation by Simon Aston

Online Safety and Wellbeing Officer
Safeguarding in Education
West Northamptonshire Council

Wednesday 27th November
6pm - 7pm

Penvale Road, Northampton NN4 0QW

01604 677970 www.easthunsburyprimary.org



[Click here to book a place on our Parent E-Safety Information Evening](#)

[Click here](#) to read more about the speaker Simon Aston.



Careers Corner

WHAT'S IT LIKE TO BE A...?



TEEN ENTREPRENEUR

What I do

My Creative Writing Magic Money Cards help children between the ages of nine and fifteen improve their English (although other age groups can benefit, too). My method shows students how not only to gain higher marks in exams and tests but also to become more confident in their capabilities. They also improve writing skills and, additionally, help with comprehension.

How I came up with the idea

When I was in my final year at primary school I wanted to improve my English, especially my creative writing. Textbooks were offering pages about metaphors and the other writing techniques but I wanted a quicker method to help me understand and revise. I began with little slips of paper at first. My system developed as I crunched and condensed the key information and techniques taken from English textbooks. My idea worked well for me. As I employed each technique, I moved the appropriate cards to a spent pile and I thought it compared to spending money, so my idea for magic money cards was born.

What it feels like to have success

Some famous people have been very supportive and helped me spread the word. When the bestselling author Alexander McCall Smith kindly wrote about my idea on his Facebook page to his tens of thousands of followers around the world, the effect was immediate. The very first of these orders from his fans came from near Botany Bay in Australia within 24 hours of his message appearing! Mums and dads also email messages of thanks, which is particularly satisfying because this is real proof that my cards are helping their children.

How I met Doug Richards of BBC TV Dragons' Den fame and how he's supported my idea

I was the only schoolboy invited to an Entrepreneurs and Education Programme event at which Doug Richards (below) was speaking because my business had recently won an award. I am not sure how much Mr Richards knew about me beforehand, but I was introduced to him before his talk and he asked me to show him how my cards work. Then he told me that he had never seen my method used in teaching before and declared: "I can really see that these will work". I was amazed when the famous Dragon included my business story in his lecture and, afterwards, he gave me plenty of extra advice about how I should develop my business.



Changemakers Project Playground

**THE CHANGEMAKERS
NEED TO RAISE
£2,500 BY
CHRISTMAS. PLEASE
SCAN THE QR TO
MAKE A DONATION.**

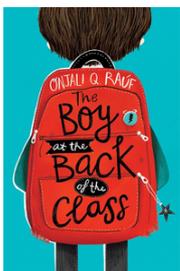
Who works at East Hunsbury Primary School?

Meet the Team

Hello!

My name is Mr Clarke, and I am in my sixth year of teaching at EHPS. I am incredibly honoured to have worked at this wonderful school for so long – time truly flies!

Currently, I teach Year 6 and lead the Finance and Economics team. I believe that learning is about providing as many opportunities as possible in life. My goal is to teach children the importance of success and to encourage a strong growth mindset – believing in themselves, working hard, and always showing kindness. I feel very fortunate to have witnessed so many children grow and thrive at EHPS, which is one of the many reasons I love teaching so much.



In my spare time, I enjoy spending time with my family, especially my fiancée, who I am marrying this upcoming April, and our new little kitten, Barney. I have a passion for various sports and enjoy reading biographies of athletes to learn about their lives. However, I also love reading children's books; I am currently reading "Boy at the Back of the Class."

A fascinating fact about me is that when I was 10 years old, clowns from a circus taught me how to juggle!



East Hunsbury Primary School

What's coming up this

Christmas?

NOVEMBER

27

Walk in Wednesday
Christmas theme
8.30 - 9am

NOVEMBER

29

Mufti for Christmas
Hampers

NOVEMBER

30

Hunsbury Library
Festive Fair
11 - 4pm. EHPS Choir
singing 2 - 2.30pm

DECEMBER

4

The Nest to
Riverside Hub

DECEMBER

7

Christmas Fair
School Hall
10am - 1pm

DECEMBER

10

Reception & Blue
to West Lodge
Rural Centre
All day

DECEMBER

12

Nest/SU
Silent Disco
All day

DECEMBER

16

Reception Nativity
10 - 11am
2 - 3pm

DECEMBER

17

Whole school Christmas Party
Day with disco. Christmas
jumpers and party clothes can
be worn. Donations will not be
requested.

DECEMBER

17

Yr 1 Carols by
Twinklelight
6 - 7pm

DECEMBER

17

Christmas Lunch

Book on School Grid by
9am on 6th December

DECEMBER

18

Yr 6 Carols & Crafts
with parents

2.30pm - 3.30pm

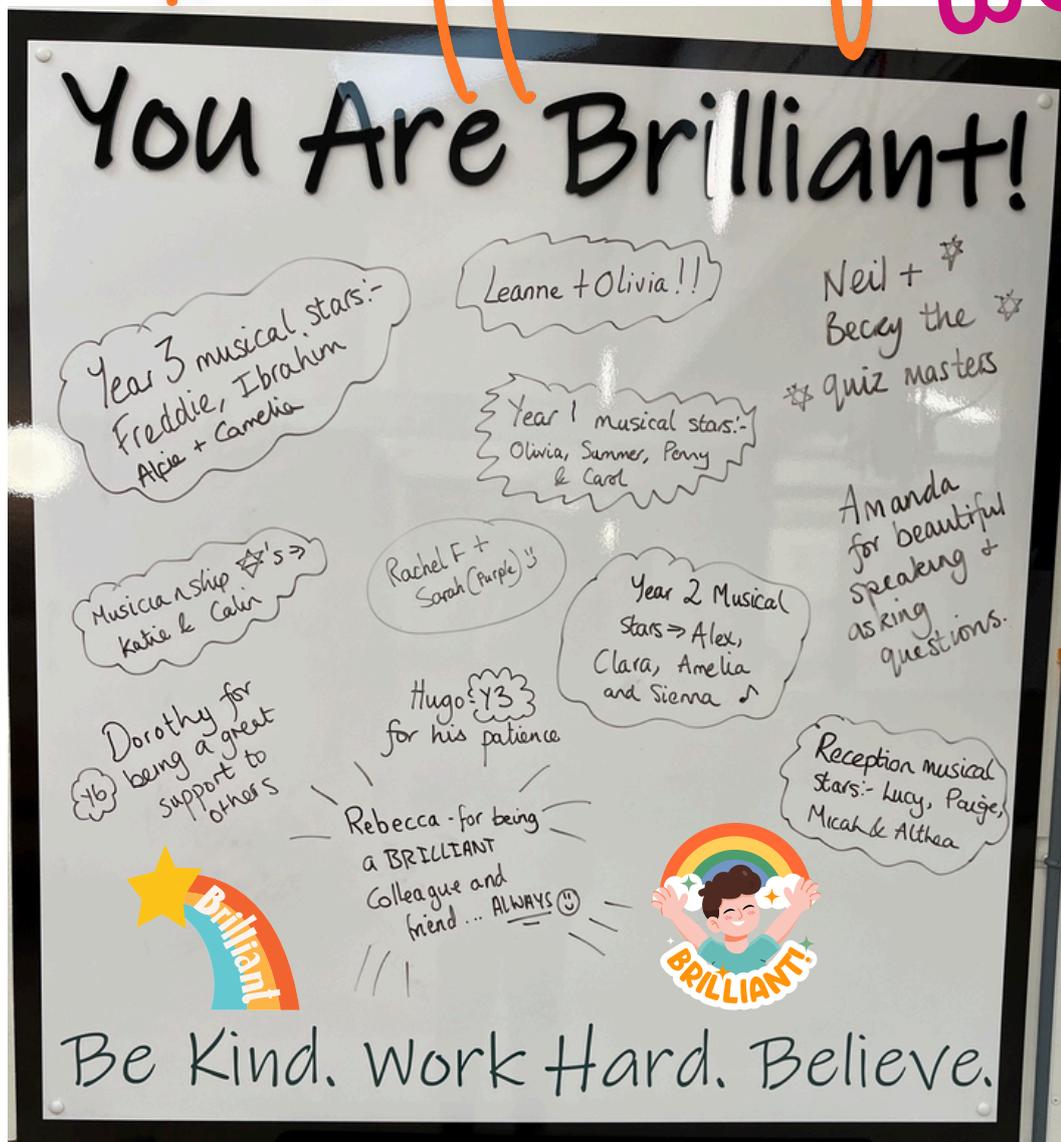
DECEMBER

20

Super Special Secret
Performance 9am

Whole School

Who's been brilliant this week



Christmas Present Pick

Could you help us make this Christmas special for families in need by donating to The Spring Charity's Present Pick? Your generosity will bring smiles to children and families who might otherwise go without during the festive season. They need new, unwrapped gifts for children of all ages.

Please bring them to the school office anytime before 9am on 9th December



[Click here for more information about The Spring Charity](#)



Attendance News

Whole school average attendance this week was

96.15%

We are aiming to be at **96% + every week.**

	Weekly Attendance	Year Group	Weekly Attendance
Reception	95.69%	1	98.33%
2	95.19%	3	95.26%
4	93.57%	5	97.20%
6	97.83%		

Walk in Wednesday dates

27.11.24	Walk in Wednesday 2 - Christmas	08:30-9:00	Classroom
29.01.25	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
12.03.25	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
07.05.25	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
18.06.25	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant



E-Safety & Wellbeing



10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential - especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

- 1 LEAD BY EXAMPLE**
As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.
- 2 AGREE TO DISAGREE**
Make sure children know that it's fine to have differing opinions - and that disagreeing with someone doesn't mean you can't get along or respect each other a point of view. Help them understand that sometimes we can 'agree to disagree', using active listening skills when doing this can also help to build empathy and understanding of others.
- 3 PROMOTE ACTIVE LISTENING**
Teach children about the importance of active listening: it's making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even if you disagree. If you disagree with it, this makes people feel respected and opens for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.
- 4 ENCOURAGE THE USE OF "I" STATEMENTS**
If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.
- 5 FOCUS ON BEHAVIOUR, NOT CHARACTER**
When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude!". This can help children avoid hurting someone's feelings, which is likely to worsen the situation.
- 6 STAY CALM AND TAKE BREAKS**
It's perfectly normal to feel upset during a disagreement - especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.
- 7 START CONVERSATIONS ABOUT RESPECT**
Talk openly to children about what respect means - to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to spark discussions about the importance of giving others due regard.
- 8 SEEK COMMON GROUND**
When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from dismissing each other.
- 9 AVOID MAKING THINGS PERSONAL**
It's important that we make it clear to children they must avoid name-calling, teasing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks - as mentioned previously - can help them avoid getting too emotional and saying or doing something hurtful.
- 10 REFLECT AND LEARN**
After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Top tips



Lead by example



Promote active listening



Seek common ground



Reflect & learn

[Click here for more information](#)

Top Tips



Consider cycle training



Avoid parked cars



Stick to flat terrain



Use suitable gear

[Click here for more information](#)

10 Top Tips for Parents and Educators TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active - and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike - so follow our top tips to help you ride with confidence.

- 1 CONSIDER CYCLE TRAINING**
Consider the possibility of cycle training, which is a structured programme that teaches children the skills and confidence they need to ride safely. Cycle training benefits include: building confidence, learning essential skills such as good road positioning, signposting, right of way and road rules. It can help both parents and children feel more at ease on busy streets.
- 2 USE A SUITABLE BIKE**
Find a bike of an appropriate size for the child. A larger child will be able to sit on the seat and hold the handlebars. A smaller child will be unable to do this. A larger bike will be heavier and more difficult to control, making accidents more likely and reducing the confidence of young riders. If your child can't use a bike, they should be encouraged to try a smaller bike, such as a balance bike or a kick scooter, until they are ready to ride a standard bicycle.
- 3 TRY A CARGO BIKE**
Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen - it will be able to transport up to four children in this way, with additional space for other cargo as well.
- 4 INSPECT YOUR CYCLE**
It's a good idea to do some routine checks on any bike before going for a ride to make sure everything is working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, gears, chain and lights, ensuring from front to back. Online tutorial videos can also help you see how to do these checks and how to handle a bike. For more comprehensive facts, head to your local bike shop.
- 5 BRING SUITABLE GEAR**
Ensure children have suitable clothing and gear for the weather. A helmet is essential for all riders. A well-fitted helmet can help protect your head in the event of a fall. A well-fitted helmet can help protect your head in the event of a fall. A well-fitted helmet can help protect your head in the event of a fall.
- 6 STICK TO FLAT TERRAIN**
Take a route that is as flat as possible, as it's easier to ride on a flat surface. You might be surprised by how many quiet roads or back streets there are in your area. Don't be put off by an uneven foot or water path as opposed to a smooth tarmac one. Look out for the local Cycle Network - small green signs and even paths that you can use throughout.
- 7 STAY ALERT AND IN SAFE FORMATIONS**
For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to take the lead if you're the only adult present - riding approximately a metre or so behind you makes it much easier for other road users, and you'll be able to see any details in the gutter.
- 8 AVOID PARKED CARS**
When riding past parked cars, try to stop at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle head lights move. This precaution will also deter anyone driving behind from trying to queue past you when there isn't enough space, so don't be afraid to ride in a prominent position.
- 9 START A BIKE BUS**
Cycling to school with other families is a particularly fun experience - one which comes with the added benefit of safety in numbers, in driving behind from trying to queue past you when there isn't enough space, so don't be afraid to ride in a prominent position.
- 10 HAVE FUN!**
Keep in mind that cycling should be fun! A good bike can make a big difference to the overall experience. Invest in a good quality bike, one which comes with the added benefit of safety in numbers, in driving behind from trying to queue past you when there isn't enough space, so don't be afraid to ride in a prominent position.

VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

DATES FOR YOUR DIARY

Date	Activity	Time
NOVEMBER		
27.11.24	Walk In Wednesday Christmas	8.30am - 9.00am
27.11.24	Yr 4 Ukuele Performance to parents	2.45pm - 3.15pm
27.11.24	Simon Aston E-Safety Talk for Families	6.00pm - 7.00pm
29.11.24	FEHPS Mufti for Christmas Hampers	All Day
30.11.24	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	2.00 - 2.30pm
DECEMBER		
02.12.24	Yr 4 Multiplication Check information meeting	4.30pm - 5.30pm
04.12.24	The Nest to Riverside Hub	
06.12.24	Deadline to book Christmas Lunch on School Grid	9am
07.12.24	Christmas Fete	10am - 1pm
10.12.24	Reception and Blue to West Lodge Farm	All day
13.12.24	Year 2 & Green Class Assembly	9.30 - 10.30am
16.12.24	Reception Nativity	10.00 - 11.00am 2.00 - 3.00pm
17.12.24	Year 1 Carols by Twinklelight	6.00pm - 7.00pm
17.12.24	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
18.12.24	Year 6 & Red Christmas Carols & Crafts	TBC

JANUARY

16.01.25	Census Day	
28.01.25	Yr 6 SATs Information meeting	4.30pm - 5.30pm
29.01.25	Walk In Wednesday Reading	8.30am - 9.00am
29.01.25	Yr 3 trip to Oxford Museum of Natural History	All day

FEBRUARY

03.02 - 07.02.25	Childrens' Mental Health Week	
07.02.25	FEHPS Family Bingo Night	5.30pm - 7.30pm
11 & 12.02.25	Year 6 Parents' Evening	3.50pm - 6.30pm
13.02.25	Year 1 Phonics Test Information Meeting	4.30pm - 5.30pm
14.02.25	Year 3 & Purple Class Assembly	9.30 - 10.30am

MARCH

5 & 6.03.25	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
05.03.25	SU Parents' Evening	3.50pm - 6.50pm
05.03 - 07.03.25	Bookfair	After school
12.03.25	Walk In Wednesday Easter Crafts	8.30am - 9.00am
17.03 - 21.03.25	Neurodiversity Week	
21.03.25	Chocolate Mufti	All day
21.03.25	Odd Socks Day for World Downs Syndrome Day	

28.03.25	Year 1 Class Assembly	9.30am-10.30am
29.03.25	Easter Cafe	11.00am-1.00pm
APRIL		
02.04.25	Autism Awareness Day - Wear Blue (No Charge)	All Day
02.04.25	SU Show	10.00am-11.00am
22.04 & 23.04.25	Earth Days	All Day
MAY		
07.05.25	Walk In Wednesday Reading	8.30am - 9.00am
12 - 15.05.25	Yr 6 SATS	Mornings
15.05.25	Endangered Species Census Day	
22.05.25	Year 4 Spring Assembly	9.15am - 10.00am
22.05.25	Reception Sports Day	10.15am - 11.45am
22.05.25	Year 6 Sports Day	1.30pm - 3.00pm
23.05.25	Year 5 and Yellow Class Assembly	9.30am - 10.30am

JUNE

02.06 - 13.06.25	Yr 4 Multiplication Check	
w/c 09.06.25	Yr 1 Phonics Check	
11.06.25	SU Sports Morning	9.30 - 11.30am
16.06.25	Class photographs	All day
18.06.25	Walk In Wednesday Science	8.30am - 9.00am
26.06.25	Sports Day Year 1	9.30 - 11am
26.06.25	Sports Day Year 2	1.30 - 3pm
27.06.25	Sports Day Year 3	9.30 - 11.00am
27.06.25	Sports Day Year 4	1.30 - 3.00pm
28.06.25	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	10.00 - 1.00pm
30.06 - 03.07.25	Yr 5 Bikeability	
30.06 - 04.07.25	Careers & Aspirations Week	

JULY

04.07.25	Reception & Blue Class Assembly	9.30 - 10.30am
04.07.25	Brilliance Exhibition	TBC
08.07.25	Music Gala	5.30pm - 7.00pm
09 - 11.07.25	Yr 3 Residential Everdon	
10.07.25	Sports Day Year 5	9.30 - 11.00am
15.07.25	Yr 6 Leavers' Performance	6.00pm - 7.30pm
16.07.25	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
17.07.25	SU Yr 6 Leavers' Assembly	9.30am-10.30am
21.07.25	Year 6 Leavers' Party	7.00pm - 9.00pm
22.07.25	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am

New Ways November 2024



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

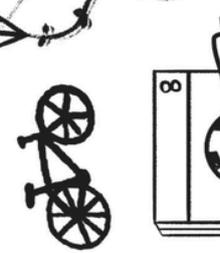
26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together