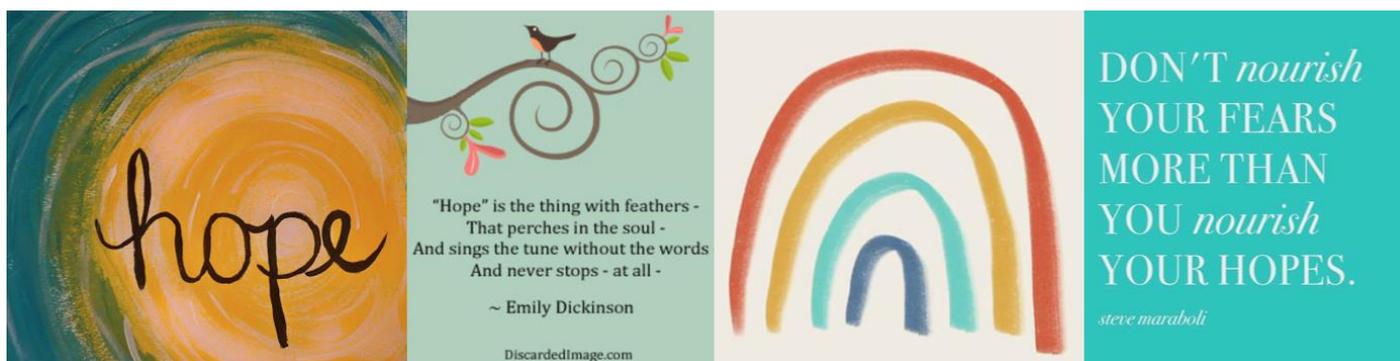




Stockport's Relational Round Up

Welcome to July 4 of our Relational Round Up for Stockport's children, families and schools. These newsletters are here to offer a regular well-being top tip for families and share good stories from across Stockport during our current new ways of living.

As we come towards the end of our summer term in schools, we are faced with having to learn another new Covid experience; how to do August, with its holiday and social gathering traditions, whilst living through a pandemic. To help us navigate another new Covid event, this week's Relational Round Up focuses on the importance of **gratitude and hope** in supporting us to maintain healthy relationships with ourselves and others.



Our lives have always been full of ups and downs, but living through a pandemic has significantly added to the amount of daily discomfort that we have all felt. However, we have all persisted and stayed the course. History illustrates, as humans we have an astonishing ability to carry on and practice **hopefulness**. We have inbuilt capacity to spot the silver linings during difficult and challenging times.



We understand that life is about balance and that all our experiences, the good and the bad have equal roles in creating meaning and understanding to our lives. You could argue that it would be difficult to appreciate what it feels like to feel joy if you haven't experienced sadness.



In the ancient Chinese philosophy of yin and yang, this acknowledgement of balance in life is illustrated in the simple black and white symbol, with the tiny dots of black within the white and white within the black, illustrating that things are never wholly black and white, good or bad. In the darkest times there are specks of light, which even if they are not initially obvious, grow over time. This is **hope**. During long periods of difficulty, we may eventually realise strengths that we didn't previously recognise. This complex picture of pleasure and pain seek to teach us empathy, resilience, compassion and gratitude.





GRATITUDE:
 THE QUALITY OF BEING
 THANKFUL IN MINDFUL,
 INTENTIONAL WAYS,
 EVEN WHEN IT SEEMS
 THAT NOTHING HAS
 CHANGED...IT IS THE
 READINESS TO PERCEIVE
 HOW BEAUTIFUL THIS
 LIFE CAN BE, EVEN IN
 UNCERTAINTY. MHH

"In today's rush, we all think too much, seek too much, want too much, and forget about the joy of just being."
 - Eckhart Tolle


Mid-Week Reflection
 - What progress can I celebrate?
 What do I appreciate about myself?
 - A year from now, I'd want present day me to remember...
 xo @heyAmber Rae

CELEBRATE

SMALL VICTORIES


Don't wait until you reach your goal to be proud of yourself. Be proud of every step you take.
 Karen Salmonohn

Practicing the art of **gratitude** can be particularly useful in the creation of and sustaining of hopefulness.

Besides, practising gratitude has been evidenced to support us to be healthier, through reducing stress and improving sleep quality, and happier, by helping to boost our self esteem and resilience.

There is also evidence to suggest that it improves our empathy, patience and generosity towards others.

However, it isn't always easy to acknowledge the good things in life, especially when times are tough, so it can be useful to take some time to explicitly plan ways in which you can practice gratitude.

Take time to be present and tune into your environment. Use your **5 senses** as a way to explore what you are grateful for. Perhaps a tree near your house looks beautiful in the sunlight, the smell of bread baking in the shop you are visiting smells delicious, or the feel of the sea water or sand feels good on your toes.

Maybe choose to have a **midweek check in**, to appreciate what is happening and explicitly identify aspects of your days to celebrate and value.

Over the summer holidays, choose a week to be your '**Grateful Daily Dozen**' weekly challenge. As a family set a target of spotting 12 things in a day that you are grateful for, with the additional difficulty of not allowing any repeats.

Compiling a regular list of 12 will offer the chance to focus beyond the obvious and to start digging deeper to find all the wonderful moments and creature comforts that make a day good. You could collect these on post it notes on the fridge or post them into a family gratitude jar or create a family gratitude album with photos and drawings to represent your grateful moments.

Remember to not always be looking for the perfect, ideal moments within our days, so much as seeking out the moments that show progress or taking time to notice and appreciate the kindness of those around us.

The best things in life aren't things, they are the people, the places, the moments and memories that we create together.





PRACTICING Gratitude

POSITIVITY PROMPTS

I'M...

INSPIRED BY	HOPEFUL THAT
<input type="text"/>	<input type="text"/>
IN AWE OF	PROUD BECAUSE
<input type="text"/>	<input type="text"/>
EXCITED ABOUT	GRATEFUL FOR
<input type="text"/>	<input type="text"/>

— THINGS to be THANKFUL for —



Have a go at creating your own [ABC of things to be thankful for](#) as a family, or use the [Positivity Prompts](#) to help focus on some gratitude practice.

Or try some of these [20 ideas to grow gratitude](#) over the summer.

Try challenging your appreciation and imagination by playing 'That's not a stick!' and follow this link for more [Forest School Well Being activities](#).

Games: That's not a Stick!



What you need:

- 2 or more players, no limit.
- 1 good stick, or something stick-like e.g. a crutch or a wooden spoon.

How to play:

- Player 1 holds the stick and says: "that's not a stick, it's a... flute'. They pass the stick on to Player 2.
- Player 2 plays the flute with the stick and says: "that's not a flute, it's a...."
- Repeat until you're out of ideas or time!

Extension ideas:

- If you don't have a stick, you could play with any interesting shaped object or even... nothing at all!
- You can pass the pretend, invisible object around and it can grow BIG or be tiny or wiggly!





Let's share some good stories from our children and families in Stockport.



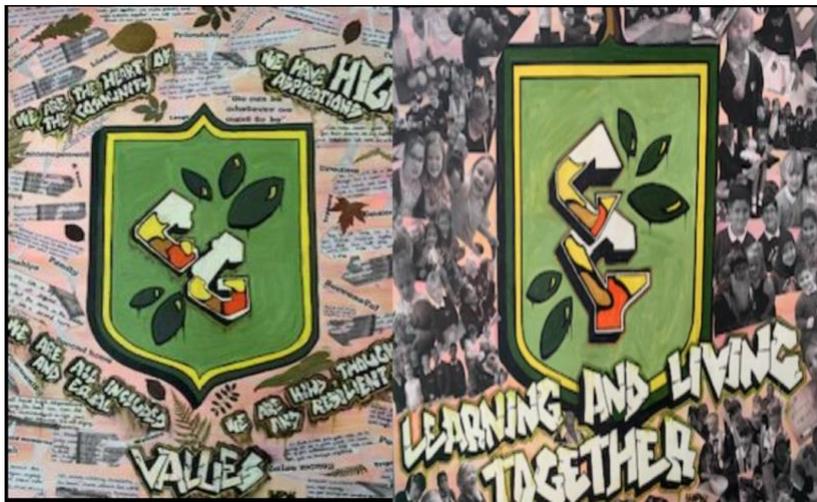
Reception and Key worker children at **Banks Lane Infant School** enjoyed the Sock Olympics.

Ladybrook Primary @LadybrookPriSch · Jul 16
Our amazing Fearnie has smashed her £50 target and raised £390 for MacMillan by doing 1000 "keepy uppies" in July 🌞🌞🌞🌞

Big congratulations to Fearnie from **Ladybrook Primary School** for some amazing charity fund raising.



Year 6 at **Etchells Primary** had great fun with their 'I'm a Year 6, get me out of here' Forest Schools session, with some fiendish feely boxes, foul frogspawn to name a few tricky tasks!



Year 6 children at **Cale Green Primary** have highlighted their school values as part of a school 'Chameleon Project' transition project preparing them for high school!

From September our Relational Round Up letter will be sent out monthly. If you would like to share something that you have been creating please tweet to @stockportRA

