

Tamariki Newsletter

May 2024



Hi you,

How are you doing, are you keeping warm and cosy?
I like to think how it would be to go to sleep over winter and waking back up in spring, like a bear. I would eat for days and get really stuffed, then cuddle up in my cave in a warm bed of leaves, moss and straw and then take a deep breath and sleep. And when I wake up it will be warm and sunny and full of flowers. Sounds lovely! But I would miss so much. And I would probably feel quite confused and hungry when I wake. So maybe it is good, to be a person and not a bear after all.

What animal do you think would be cool to be for a time?
Or why is it cool to be a person instead?

If you have an idea for this newsletter or would like to write about your thoughts, just send me an email! I would love to hear from you. The email address is: Nina.king@marypotter.org

Nina

& child and young people support team (ChYPS)
at Mary Potter



Content:

- affirmation and picture
- colouring page and tongue twister
- puzzle and joke
- exercise
- story
- craft

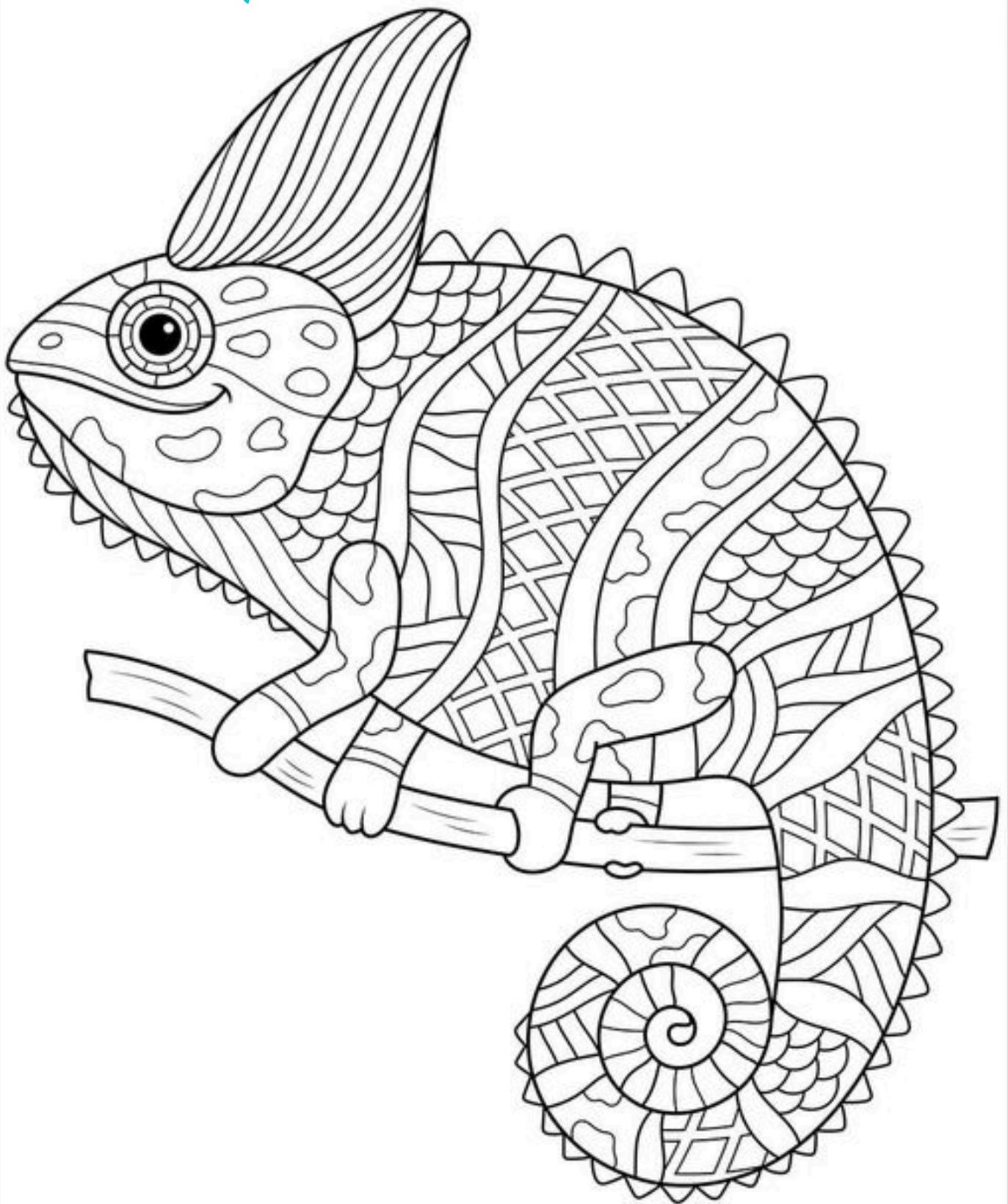
Affirmation



I AM



Deep breaths can help to get calm really quickly
and you can do it anywhere!



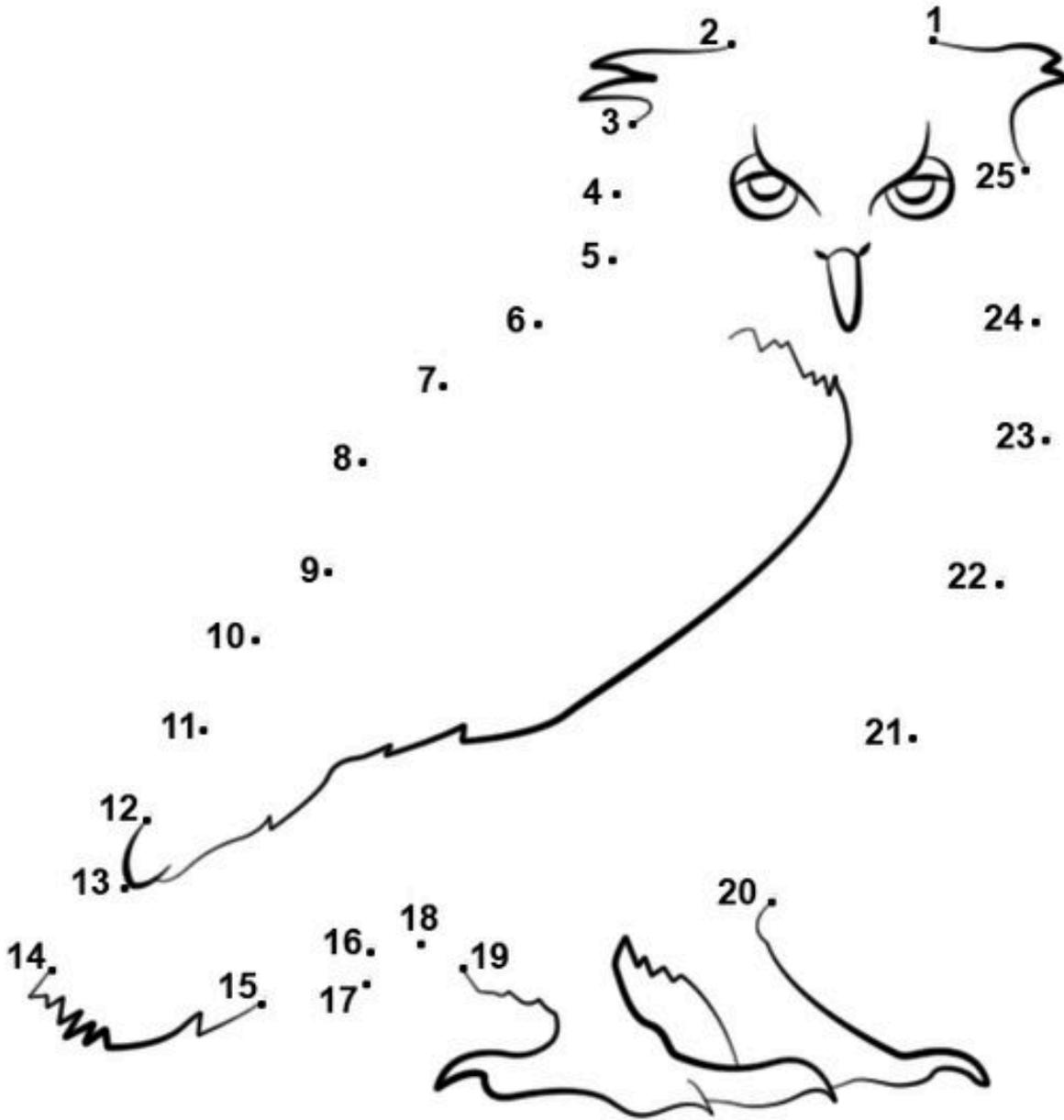
Tongue Twister

Give papa a cup of proper coffee in a copper coffee cup.

Puzzle



connect the numbers in the right order



Joke

knock knock

who's there?

who!

who who?

Oh hello Owl!

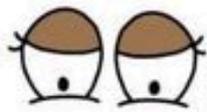
Exercise

 WholeHearted School Counseling



5-4-3-2-1 GROUNDING

TAKING SLOW, FOCUSED BREATHS, NOTICE:



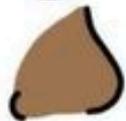
5 things you **SEE**



4 things you **FEEL**



3 things you **HEAR**



2 things you **SMELL**



1 thing you **TASTE**



Free Download



The Lion & the Mouse

a famous really old fable from Aesop

A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came across him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Woken up from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

"Spare me!" begged the poor Mouse. "Please let me go and some day I will surely repay you."

The Lion was much amused to think that a tiny little Mouse could ever help him. But he was generous and finally let the Mouse go.

Some days later, while stalking his prey in the forest, the Lion was caught in the ropes of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she nibbled it until it broke, and soon the Lion was free.

"You laughed when I said I would repay you," said the Mouse. "Now you see that even a tiny little Mouse can help a big scary Lion."



play landscape

built a cardboard landscape for your animals, figures or cars

you need:

- scissors
- pencil
- glue
- lots of old boxes and cardboard

how to make it:

- you draw lots of round and oval shapes on the cardboard
- cut the shapes out, keep one big card as your base
- glue them together into stacks on to your base
- cut out more to add and make your landscape higher,
- you can add paths, caves and bridges, forests fields and lakes

