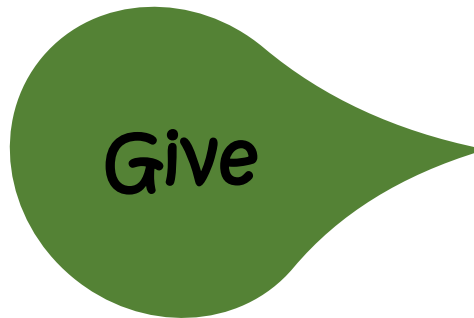


Back to Basics

“Empowering Parents/Carers to Support their Child’s Wellbeing”



Our second **Way of Wellbeing** petal is '**Give**'. Give time to friends, family members or the community. Most importantly, give yourself time to ensure the basics are in place.

- ❖ Offer to help someone on a project.
- ❖ Volunteer within the community.
- ❖ Help out at school.
- ❖ Spend time with friends or family who need some support or help.
- ❖ Ensure we give ourselves time to support the Five Ways of Wellbeing.

The following link will take you to the **Back to Basics** video about '**Give**':

[Back to Basics Give Video \(youtube.com\)](https://www.youtube.com/watch?v=...)

Also attached is the **Back to Basics** factsheet which has lots of ideas and information for you and your family to help you to '**Give**'.

[GiveBasic-factsheet.pdf \(hants.gov.uk\)](https://hants.gov.uk/files/GiveBasic-factsheet.pdf)

Please come along to our small meeting room (by the School Office) to add your petals to our Wellbeing Flower to share what you have been doing to '**Give**' this week. Also, have a look at what other families have been doing over the past week to '**Take Notice**' as well.

