

WELLNESS

Home Life

Hello from your Wellbeing team,

BACK TO SCHOOL

We hope you have all had a relaxing break, even with the weather being from one extreme to another. We would firstly like to say how well all the children done last term with settling back into school life. Thank you for some of your lovely feedback from our last newsletter, we are here to listen and help as much as we can. If you would like to contact us and ask advise please do not hesitate to email us on wellbeing@woodton.norfolk.sch.uk. With a full term now about to start, we are all going to experience different emotions, especially after having a two-week break. In this newsletter, we would like to share some mindfulness brain breaks, for the children and for yourselves, plus also some other support to help all our Wellbeing on a daily basis.

A thought;

Your terrible job is the dream of the unemployed.

Your house is the dream of the homeless.

Your smile is the dream of the depressed.

Your health is the dream of those who are ill.

Don't let difficult times make you forget your blessings..



Support for families:

Parents reaching out (Children 11-16): parents@kooth.com

Point 1: Support for young people and their families – 0800 977 4077 or point1-support@ormistonfamilies.org.uk

Early Help hub: South Norfolk – 01508 533933

Norfolk Just One Number – justonenorfolk.nhs.uk or 03003000123

Give yourself permission

It is very easy, as a parent or carer, to prioritise the needs of your family and others ahead of your own wellbeing. However, taking time for yourself is not selfish.

Everybody needs space to unwind and relax, and giving yourself, permission to take some time to recharge your batteries means that you will hopefully have more energy and patience to meet the needs of your family.

Start by trying to give yourself 10 minutes each day where you can just sit down, have a cup of tea and take a breather.

Being kind to yourself

We all struggle at times, maybe more so over the last year. We can put so much pressure on ourselves to do our best and sometimes feel that maybe our best is not good enough. If this is happening, it can help to have a think about how you 'talk' to yourself. We are sometimes so hard on ourselves in our own thoughts than we would be to anyone else we speak to. Imagine that it is a friend who is in your situation right now instead of you. How would you comfort them? How would you encourage them? We need to talk to ourselves more positively.

**SELF
CARE**

Mindfulness Brain Breaks

- These are great ways for the children or even yourselves to take five minutes to relax.

Five Finger Breathing

Slowly trace your left hand with your right finger, starting where your hand and wrist meet. As you trace each finger, breathe in as your finger climbs up and breathe out as your finger slides down.

Then switch hands.



Cloud thoughts

Sitting or laying down, in silence, notice all the thoughts that are passing through your mind. Pay attention to those thoughts, without judgement. Imagine the thoughts are like clouds passing through the blue sky.



Body Scan

Sitting or laying down comfortably, with eyes closed, zoom your attention to your feet and toes. Notice how they feel. Zooming up, focus on your legs. Now move your attention to your belly. Your chest. And back. How do these parts feel? Now zoom to your shoulders, then arms, hands, and fingers. Move up to your head, paying attention to how you feel.



Wave Breathing

Covering your ears with your hands, take long and slow in breaths as you imagine waves rolling back and forth towards the shore. Listen to the sound your slow breathing makes.



Wellness Tip

An effective way to help with anxiety or stress is the 5 senses exercise.

First off – take 3 slow and quiet deep breathes

What are 5 things you can SEE



What are 4 things you can TOUCH



What are 3 things you can HEAR



What are 2 things you can SMELL



What is 1 thing you can TASTE



This can help the mind and body ground when feeling uneasy.

Just a thought;

Reassuring your friend that their feelings are valid, and that they are not alone, can be the most impactful way to support them if they are struggling.



The simple things;

Here Comes the Sun; Vitamin D is an essential vitamin we need and has so many benefits. It can help us;

Sleep Better
Helps fight disease
Enhances our mood
Gives us energy
Supports our immune system
Strengthens our bones
Plus many more...
(Don't forget the sun cream)



What is Mental Health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have small feelings every day: These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

Sometimes we experience big feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

It is so important to teach our children and even ourselves to talk about our feelings, here are some tips with how to help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.

1. **Make a conversation about mental health a normal part of life:** Anywhere is a good place to talk: in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about TV character's feelings.
2. **Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. **Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
4. **Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. **Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
6. **Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
7. **Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
8. **Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
9. **Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?", "You don't seem your usual self. Do you want to talk about it?", "Do you fancy a chat?", "I'm happy to listen if you need a chat."