

WELLNESS

Home Life

Hello from your Wellbeing team, June 2022

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| A thought;Beneath every behaviour is a feeling. And beneath every feeling is a need. And when we meet that need rather than focus on the behaviour, we begin to deal with the cause and not the symptom. |

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| Why labelling feelings is so importantHelping children put their feelings into words can help them better navigate strong, negative emotional experiences. We tend to keep it simple when talking about feelings with young children and may often stick to the basics, such as angry, happy and sad. Once our children have mastered that, we can move on to a bigger variety of emotionally descriptive words. We can increase our child’s understanding of a bigger expanse of feelings by broadening the terms we use.Brave Cheerful Worried Joyful Frightened CalmExcited Confused FrustratedCurious Friendly Shy Ignored Lonely InterestedProud Embarrassed Jealous Angry BoredSurprised Silly UncomfortableStubborn Safe Relieved PeacefulOverwhelmed Loving Cranky |

So, our last half term of this academic year is fast approaching. It’s been a busy year, with every one trying to get back into the swing of things after the last unsettled few years. In this terms newsletter we

If you would like to contact us for any help or support, please do not hesitate to email on wellbeing@woodton.norfolk.sch.uk.

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| Top tip; |
| When your child is struggling, whether this is a meltdown, feeling sad, crying etc, sit and ask them to describe how they are feeling. Ask them to put their feelings into words. This is a known calming strategy and can help them cope with future emotions. |

**Time to Talk;** we understand how children may need that extra support at times, an adult or friend to talk to. Across both schools, we now have a ‘Time to Talk’ session on Tuesdays supported by Mrs Taylor. Children are welcome to talk about their wellbeing, and support and help can be offered. As well as Mental Health champions across both schools, we also have Domestic Abuse Champions who are here to support at all times.

 Mental Health Champions: Mrs K Taylor & Mrs S Brooks

Domestic Abuse Champions: Mrs K Taylor & Mrs V Woods

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| **Did you know;****Here’s three things that you think make anxiety better but are actually making it worse;**1. **Comfort – Anxiety is hugely uncomfortable and it’s supposed to be, it’s there to activate us, but every time we escape situations that make us feel anxious, the cost of that short-term comfort is long term anxiety.**
2. **Control – Trying to control all the areas in your life to prevent you from ever feeling anxious only ever works in the short term, because there is so much about our life we cannot control, so it becomes a fight that we can’t win.**
3. **Avoidance – Anxiety is normal when we try something new. So, if you get in the habit of avoiding anything that makes you anxious, your life shrinks and the fear of doing anything new just grows.**
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| **Just a thought;** | **The simple things;****Tip to ease anxiety in children and adults with ice;*** **Hold ice in your hand (Focus on the temperature and texture)**
* **Move ice along arms (Notice the sensation)**
* **Hold the ice in your mouth (Push it to the roof of your mouth)**
* **Rub ice on your face (Reducing temperature of the face, lowers the heart rate)**
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| **Conversation Starters For Kids – we often forget to talk, especially with all the rushing around we do. Try some of these conversation starters, just one a day, and see what you find out…****What was your favourite part of the day? What superpower would you like to have and why?****What do you think makes a family close? What makes you feel happy?****If you could only keep one toy, which toy would it be? Who do you play with at school?****How were you kind to someone today? What are you proud of?****How do you cheer yourself up when you feel bad? What’s your favourite meal?****What do you like best about your family? If you could be an animal, which one would you be?****What are you looking forward to this year? What’s one good thing you’re really good at?****Let’s say you could be any age, what age would you be? How does a good friend act?****How would you change the world when you grow up? What do you like best about school?****What’s your favourite room in our house? What is your favourite thing about our family?** |

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| Support for families:Parents reaching out (Children 11-16): parents@kooth.comPoint 1: Support for young people and their families – 0800 977 4077 or point1-support@ormistonfamilies.org.uk Early Help hub: South Norfolk – 01508 533933Norfolk Just One Number - [www.justonenorfolk.nhs.uk](http://www.justonenorfolk.nhs.uk) or 03003000123 |

