

Harewood Primary School



Wellbeing Newsletter - January 2022

Welcome to Harewood's second Wellbeing Newsletter! We all need good mental health and wellbeing - it's essential if we are to live happy and healthy lives. At Harewood, we are committed to helping our children and families in building and maintaining good mental health and a strong sense of wellbeing. We hope you find this newsletter helpful.

FIVE WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES.
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

There are **five steps** that we can all take to improve our mental wellbeing.

It is important that **everyone** looks after their mental health and wellbeing.

For this newsletter, staff have shared some of the things they do to take positive steps towards wellbeing in their own lives. Share these ideas with your child - you may decide to try some of these things yourselves!

Connect

- Spend time with family and friends (especially in a coffee shop with cake!)
- Play with and care for pets.
- Have a long bubble bath
- Enjoy a long hug from your partner, child, friend etc
- Ring a good friend and have a natter...even better go for a long walk together while you talk
- Watch funny movies or cheesy sitcoms with friends or family

Give

- Bake something tasty and share it with friends or family
- Have a good clear out and donate things you no longer use to charity
- Be kind to others - hold a door open for someone, greet your neighbour, give up your seat on a bus/train
- Put down your phone and be present for those around you every day

Take Notice

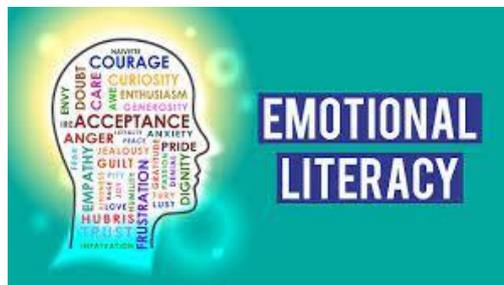
- Walk in nature...make sure you stop to look at the different shapes and colours.
- Watch clouds float by.
- Listen to calm and/or uplifting music
- Enjoy a really good brew...hold the mug and take deep breaths
- Escape to a quiet spot with a nice book or magazine
- Gardening...even just tending to pots and watching things grow

Keep Learning

- Do something creative - paint, draw, join an online drawing club, follow a step-by-step drawing tutorial, colour mindfulness patterns
- Learn to cook or bake something new
- Listen to positive podcasts

Be Active

- Go outdoors for a long walk (with or without a dog!) and breathe in the fresh air!
- Walk along the sea front at Seaton Carew, Redcar, Marske, Saltburn...
- Join in the **Parkrun** on a Saturday morning. It's free and the whole family can do it! It sets you up for the weekend and, don't worry, you don't have to run as you can walk.
- Dance around the house and have a good, loud sing!
- Go swimming.
- Do some stretches and yoga to get your body moving.



What is Emotional Literacy?

Emotional literacy is the ability to express our emotions and feelings using speech and other forms of communication. It's an important skill that children must develop from a young age to help them to understand and be able to express their own emotions.

How do you Develop Emotional Literacy in Children?

At Harewood, one of the things we do to develop children's emotional literacy is to teach 'emotion vocabulary' within our assemblies each week. We hope this will help children to develop the vocabulary they need to express themselves clearly. Here are some simple things that adults can do to further support a child's emotional literacy skills.

Provide a good model: if your child is expressing their emotions in a negative or inappropriate way, ask them if they can explain what they're feeling and why. Similarly, if you are experiencing an emotional response to something and your child asks what's wrong, explain to them simply how you are feeling using simple language.

Promote empathy where you can: encourage your child to think about others. For example, when reading a book with your child, ask them questions like, 'how do you think that made them feel?' or 'how would you feel in that situation?'

Encourage them to talk: Some children will need more guidance recognising their own feelings, meaning that they might need more support. Use statements like 'I can see that you are happy/excited/angry/upset' to help children link the vocabulary of emotion to what they're feeling.



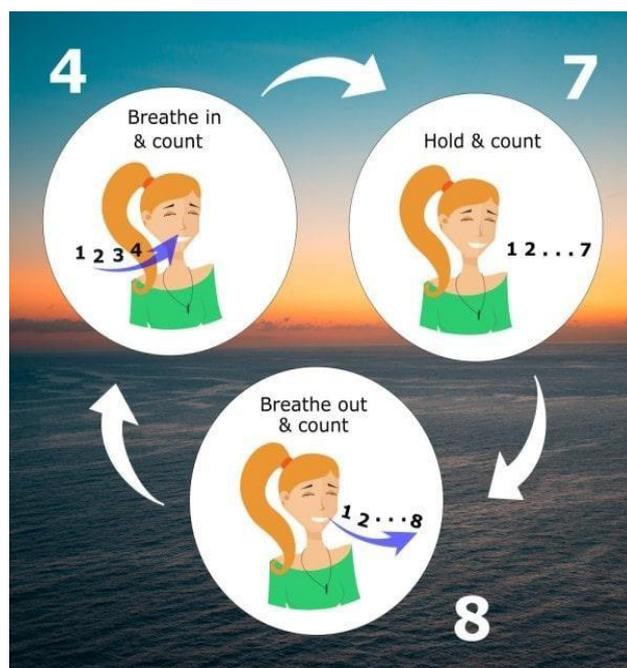
Why does deep breathing matter?

When you are calm, your breathing is normal, your muscles are relaxed, and your heart rate is normal.

When you experience a stressful event, your body automatically goes into what is known as "flight, fight or freeze" mode. Your heart rate increases, your stomach stops digestion, and your breathing becomes more shallow.

The goal of calming exercises is to get yourself from "flight, fight or freeze" mode back to relaxed mode. Deep breathing helps get more oxygen into your bloodstream. It has a physical effect on your body to help you calm down and lower stress.

So **deep breathing** does make a **big difference** for kids.



Communicate any concerns with school

If you have any worries or concerns about your child's wellbeing or mental health, then please let school know. There will be things that we can do to help and support you.

We would love to know if this newsletter is useful to you or if there are other support ideas you might need. Please let us know by email: jane.burns@harewoodprimary.org.uk

