

Harewood Primary School



Wellbeing Newsletter - November 2021

Welcome to Harewood's first Wellbeing Newsletter! We all need good mental health and wellbeing - it's essential if we are to live happy and healthy lives. It can help us sleep better, feel better, do the things we want to do and have more positive relationships. It can also help us deal with the difficult times in our lives. Through our newsletters we hope to support our children and families in building and maintaining good mental health and a strong sense of wellbeing.

5 Ways to Wellbeing

Evidence suggests there are five steps that we can all take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from life. Read on to find out how you can take five steps to wellbeing.

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



Play a ball game. Football, catch, basketball, dodgeball...

Ready...steady...bake. Baking is a great way to have fun together.

Create something together. This can be as simple as doing a paint by numbers, a jigsaw, designing your own birthday cards, finger-knitting etc

Drawing cartoons and doodling. Sometimes, all you need is pen and paper. Create cartoon drawings of one another, try drawing with your eyes closed or not taking the pen off the paper to add a challenge.

Indoor picnic. Lay out a blanket and have a picnic at home!

Tech-free games. Take a break from the screen with games like 20 questions, marbles, cards, floor is lava, skipping, hide and seek and many more.

Acts of giving and kindness can help improve your own mental wellbeing by creating positive feelings and helping you connect with other people.

Here are some examples:

- **saying thank you** to someone for something they have done for you
- **asking friends and family how they are** and really listening to their answer
- **spending time** with friends or relatives who need support or company
- **volunteering** in your community





REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY



'Take Notice' is about paying attention (on purpose) to what is going on around you and how you feel. It can help us to enjoy life and appreciate what we have, understand ourselves better and stay calm.

5... 4... 3... 2... 1

Take three deep breaths, then...

-  List 5 things that you can see 
-  List 4 things that you can feel 
-  List 3 things that you can hear 
-  List 2 things that you can smell 
-  List 1 thing that you would like to taste 

Learning something new each day can be really good for our wellbeing. So...keep learning!

- learn a new word each day
- try out a musical instrument
- do a word search
- try a new food
- learn to cook a new recipe
- study an animal or bug
- visit a new place
- write a story or song



DO WHAT YOU CAN ENJOY WHAT YOU DO. MOVE YOUR HOOD



Being active and exercising is a great step to wellbeing. It's all about moving your body to improve your mental health.

The Children's Society found that children who exercise most days or every day have better wellbeing than those who don't exercise as often.

You can encourage your child to get active in many ways...walking, having a race, cycling, playing a ball game, playing catch, going swimming, flying a kite, skipping, dancing, playing at the park etc

Balloon Belly



- Think of your belly as a balloon.
- Place your hand on the belly, feel it rise and fall.
- Take a deep breath in, through your nose to fill your balloon/belly.
- Hold your breath for 3 seconds.
- Breathe out through your mouth slowly to deflate your balloon/belly.
- Repeat this breathing 5 times.

COPING SKILLS FOR KIDS

TRIANGLE BREATHING

Start at the bottom left of the triangle. Follow the sides around the whole triangle to complete one deep breath.



(and adults too!)

It's good to talk

Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. It doesn't matter what topic the conversation starts with - it's about the opportunity it gives you both to talk about feelings and to provide comfort. Here's some conversation ideas to start things off...

General



Serious



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

