



Wellbeing Newsletter No. 2

1st-7th February is Children's Mental Health Awareness week and as a school we will be exploring lots of different activities, focusing on how to improve our mental health.

Please visit the Place2Be website for lots of tips and ideas of how to support your child.

The theme of this year's Children's Mental Health Week is **Express Yourself**.

Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. This could be through art, music, writing and poetry, dance and drama, photography and film, and doing activities that make you feel good.

Please remember to look at our wellbeing page, there are lots of tips, videos and some activities. This page will be updated regularly, so please use it: <https://stgiles.herts.sch.uk/curriculum/wellbeing/>

Self Expression: Express Yourself

Self-expression is about communicating your individuality. This can be through words, clothing and hairstyle, or through art forms such as writing, drawing, music and dance. Self-expression can help you to showcase your true self – your story, your thoughts, feelings and emotions. But this can also make us feel vulnerable, so you might want to take things one step at a time. We often get told by our family, friends, school, communities and through social media how we 'should' look, think, speak, and act. These constant messages about what we ought to do, and who we ought to be, can make it difficult to let go of expectations and express our true self.

Gratitude and Emotions Tracker

This is a lovely activity to do with your child (or as a family). They need to think of 6 common emotions for them and assign a colour to each one of them. The outer part of the mandala is for tracking 2 different emotions each day. Inside the mandala they can think of one thing they have been grateful for that day. Sometimes it is tough to do this when you are perhaps having a sad or anxious day but anything at all, no matter how small can be written down. Children could also draw something they are grateful for if they aren't keen on writing. The inside of the mandala can be used for mindful colouring.

<https://www.elsa-support.co.uk/wp-content/uploads/2020/09/Weekly-gratitude-and-emotions-tracker.pdf>

What Is Wellbeing?

Feelings of **wellbeing** are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life.

1. **Connect** - What better time to get in touch with family and friends and find out how they are managing and coping with this new reality and its uncertain duration?
2. **Be active** - Get some exercise - walking, running, yoga, anything - whatever makes you happy - it is a great way to structure the day that seems so different now.
3. **Take notice** - Pay attention to whatever is taking place in the moment and watch how your mind relates to difficulty.
4. **Keep learning** - You can learn something new about viruses, vaccines or simply about yourself and how you respond in a crisis.
5. **Give** - Offering help and support to others even simply a listening ear can be therapeutic during these troubling times.

Time To Talk Day

A small conversation about mental health has the power to make a **BIG** difference.

This year #TimeToTalkDay is happening on Thursday 4th February, during Children's Mental Health Week.

<https://www.time-to-change.org.uk/get-involved/time-talk-day>

Below there are some conversation starters you can use.



Attitude of gratitude

- Focus on breathing as outlined previously.
- Think of one thing that you're grateful for and keep this image in your mind.
- What feelings or sensations do you notice?
- Continue this for a few minutes.



Bubble mindfulness

- Focus on breathing and pay attention to any feelings.
- Now pay attention to any thoughts.
- Do you have any sensations in your body?
- Notice all three.
- If there is anything that you would like to let go of, put them all in a bubble and blow them away.
- Continue this for a few minutes.



'We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.'
Mother Teresa

Conversation Corner

Some questions to discuss in your families:

- Which season is your favourite and why?
- If you could choose your own name, what would it be?
- Which animal is your favourite and why?
- If you were in charge, what rules would you have in your house?