



## Wellbeing Newsletter

This weekend, the children may start to experience a range of different emotions that they may find hard to express. There will be a mixture of excitement and anticipation. You may have noticed that their sleep patterns have become disturbed, or may do over the next few nights.

Children are creatures of routine and thrive when they know what time to go to bed and what their routine consists of. A consistent routine will help reduce many anxieties displayed at bedtime. Physical exercise is really important for mental health. Being physically tired can help children drift off for a good night's sleep. Make the most of your daily exercise by going for a run, bike ride etc.



Yoga can be helpful for calming your body down and getting ready for rest at night. Try getting your child to lay down on their back with their legs perpendicular up against a wall. Have them put their arms out to their sides and encourage them to do some deep breathing as they lay like this. If it's possible, have them do this pose in their bed, so it's easier to transition them to lying in bed for sleep. You can also try Yoga during the day with your child.

Below are the yoga links.

For younger children:

<https://www.youtube.com/watch?v=R-BS87NTV5I>

<https://www.youtube.com/watch?v=OImHIWzP49M>

For older children:

<https://www.youtube.com/watch?v=OeJoUIBhLkE>

[https://www.youtube.com/watch?v=sM5MGLMNN\\_E](https://www.youtube.com/watch?v=sM5MGLMNN_E)



### Reminder - A Book for Children - Covid 19

Remember that there is a free information book explaining the coronavirus to children, illustrated by Gruffalo illustrator Axel Scheffler on the school's website.



# Mindfulness

## Negative Judgment and Acceptance

The aim of this is to remain curious and open about the thoughts and feelings that children may be experiencing in the moment. Rather than trying to change them, acknowledge them and accept them for what they are in the moment. They are neither 'good' nor 'bad'. They are just there. It's like you're an observer of your body and mind, on the outside looking in. This can help in seeing things for what they are – a thought or an emotion and they can be changed.

Sit in a comfortable position, keeping your back straight but your body relaxed.

1. Close your eyes if you feel comfortable or soften your gaze and look at the floor.
2. Scan your body and notice how it feels.
3. Notice the sensations of each breath as it happens – don't try and control the breath, just notice it.
  - Focus on the breath going into your nostrils and out through your mouth.
  - Pay attention to the rise and fall of your chest.

- Notice the rise and fall of your belly as you breathe.

4. Remain curious and open about your thoughts and feelings. There is no such thing as good or bad feelings. Pretend that you are an observer of your body and mind, on the outside looking in.
5. After five minutes take one more breath and feel your feet firmly on the ground. Notice the noises around you and come back to the here and now. When you're ready, gently open your eyes.

## Tall like a tree

- Stand tall as if you were a tree.
- Breathe in and imagine what it would feel like to be strong like a tree.
- Notice any sensations within your body as you keep breathing.
- Continue this for a few minutes before bringing your awareness back to the room.



## Notice that sound

- Sit comfortably with your back straight and you can close your eyes if you wish.
- Be silent and notice at least five sounds around you whilst you continue to breathe in and out.
- This is not a competition, but just a fun way to see what you can notice. Just relax and notice the sounds.
- After a few minutes, come back into this moment.

