



## Wellbeing Newsletter Summer 1 - 2023

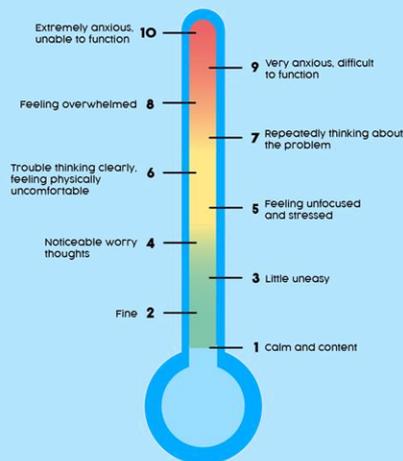
Hello and welcome to our Summer 1 edition of the Wellbeing Newsletter! It has definitely been a busy half term so far with many different learning opportunities going on around the school including the long-awaited residential trips in UKS2. Thank you as always for the continued support from home which helps make these activities such a success. Having already supported CMHW in February, I would like to draw your attention to Mental Health Awareness Week which runs from 15<sup>th</sup>-21<sup>st</sup> May and will be themed around 'Managing Anxiety'. At Barrow Hedges, we recognise the importance of supporting our whole community and hope you will join us in activities that promote positive mental health for all.

We hope you find the activities and links in this newsletter useful, including. As the half term will shortly be upon us, we hope you have a restful break and look forward to seeing everyone back for the final half term of this school year!

Miss Swinfield – Mental Health Lead

### Mental Health Awareness Week

The resources below are designed to help support children's mental health, specifically anxiety or 'worries'. They include the 'Anxiety Thermometer' and the 'Change Your Mindset' poster creation resource. For more ideas of how you can support anxiety at home, you can visit the [Mentally Healthy Schools website](https://mentallyhealthyschools.org/) online.



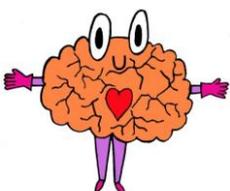
#### The Anxiety Thermometer

A method for teaching children to 'scale' their feelings. It is important for children to know it is normal to experience a range of emotions and develop strategies for dealing with them.



#### Change Your Mindset Posters

A visualisation strategy using growth mindset. Focus on the main negative statements that you feel or experience. Then consider how you can reframe these statements to be positive. Some examples are shown here.





# Mindfulness

## 5 FUN MINDFULNESS ACTIVITIES for children

### 1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



### 2 CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



### 3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



### 4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



### 5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.



## 4 MINDFULNESS ACTIVITIES FOR BUSY WEEKS

Rebecca Koble

- ONE** Start each day with a mindful breathing technique
- TWO** Choose one daily task to do mindfully
- THREE** Give yourself space to feel your emotions (without judgement)
- FOUR** Try the "Don't Know Mind" technique

### GROUNDING WITH YOUR FIVE SENSES

5 THINGS YOU CAN SEE		SUN PICTURE ON THE WALL PEOPLE WALKING
4 THINGS YOU CAN FEEL		WIND BLOWING FEET ON THE FLOOR PENCIL IN HAND
3 THINGS YOU CAN HEAR		BIRDS CHIRPING CLOCK TICKING CAR HORNS
2 THINGS YOU CAN SMELL		FOOD FROM THE CAFETERIA BREADY BUTTER ON COORNS FRESH CUT GRASS
1 THING YOU CAN TASTE		MINT Breakfast TOOTHPASTE

## 12 Mindfulness Exercises

Body Scan Practice	Mindful Eating	Dance A Little
Shaking Meditation	Mindful Intention Setting	Connect To Your Senses
Gratitude List	Yoga	Music Meditation

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# Useful Links

### Mental Health Awareness Week

- <https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>
- <https://www.mind.org.uk/get-involved/mental-health-awareness-week/>
- <https://www.rethink.org/get-involved/awareness-days-and-events/mental-health-awareness-week/>
- <https://mentalhealth-uk.org/mental-health-awareness-week/>

