



This week is Children's Mental Health Week and we are working together with Place2Be to raise awareness of this important subject and support this fantastic charity through a week of fun, information and toolkit building for our children.

The Place2Be website offers some great practical tips and support for parents and carers.

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

This year the theme is '**Growing Together**'. This is about supporting the children in learning about how to grow emotionally. Each day we will look at a different way to grow, using books and video clips. We are teaching them that life is full of challenges and setbacks, but these can help us to grow and adapt and trying new things can help us to move beyond our comfort zone.

That isn't easy! So how you help?

Talk to your children about emotional growth being a gradual process that happens over time, and sometimes we might feel a bit 'stuck'. Give them an insight into when you have felt out of your comfort zone and how this felt and how you overcame this.

It's good to talk!

Often children find it difficult to find the words to say how they are feeling or why, often because they don't really know!

Books can be a fantastic way to open up conversations regarding a worry or fear about something. We have a huge library of books in school so please talk to your child's class teacher if you would like to borrow one of these.



Heathy bodies= Healthy minds

The importance of having a healthy lifestyle will be in focus this week.

We will look at the importance of sleep, diet and exercise to help our mood.

Why not try... We would love some photographs for a display of your child doing something they enjoy.

It could be cooking something healthy together, taking part in a fun form of exercise, doing their favourite hobby or anything else that makes them happy!

Please send these into the admin office email.

So, what is normal?

Anxiety is a general feeling of apprehension or worry and is a normal reaction to stressful situations. Anxiety is normal.

However, red flags should go up when the feelings become excessive, thoughts become irrational and everyday functioning is debilitated. But don't be alarmed by your child if they express these feelings, there are lots of things that you do to help, and school staff are always available to discuss your concerns.

Try these as a starting point to help reduce anxiety:

- ✓ Recognise and name the anxiety and praise child for asking for help
- ✓ Because transitions and separation are frequently difficult for children with anxiety, try to ensure they aren't late in the mornings, allow extra time for activities such as getting dressed etc. and keep routines the same where possible
- ✓ Prepare children for change
- ✓ Relaxation skills/ Breathing techniques – see the bubble blowing below!
- ✓ Healthy thinking and self-talk- *Teaching children how to do this, looking at things positively and talking to themselves to reassure them*

The Young Minds website is excellent for further information and strategies to support children.

You can also make an appointment to speak to Stacey Hodson the school SENDCo or Diane McEwan, Child and Family Support Worker, if you would like more advice or support on specific issues.

Breathing activity: Blowing bubbles

Sometimes we are so full of emotion we can't think very well. There are many things we can do to help us so that we can then think more clearly and start to understand what we are feeling and thinking.

One activity is the 'blowing bubbles' breathing exercise. Sit somewhere quiet or close your eyes. Imagine you have a bottle of bubbles, or if you have some real ones, blow some real bubbles. Gently blow a bubble and watch it float away. Breathe in and then blow another bubble out.

Keep blowing bubbles until you feel better.

Does an activity like this help you? How does it

help?

Homework

In school we watched a video about our support balloon and the people who are there for us.

We would like the children to draw their own hot air balloon and bring this into school during this week.

Watch the link below to see an example.

[Support Balloon | Children's Mental Health Week 2022 - YouTube](#)

