

# Steam Mills wellbeing newsletter

Hello! We hope that you are all keeping well and safe as some of you return to school and others stay at home.

The purpose of this newsletter is to offer some ideas and suggestions for activities linked to looking after our mental health and wellbeing which is particularly vital in these changing times. We would love to hear all about the activities you have done on e-school.

If you have any ideas that you would like to be included please let me know

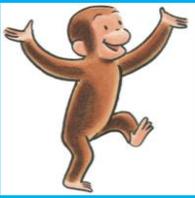
**If you have any concerns about your child's mental health/wellbeing, you can contact me via e-schools between 9am and 3.30pm Tuesday to Thursday.**

Warm wishes, Miss Fran Barber

## *Five Ways to Wellbeing... the Steam Mills whoosh!*

The 'Five Ways to Wellbeing' approach is all about how actions can contribute to and boost feelings of wellbeing. Each of these actions or ways will have a beneficial impact... or the 'whoosh factor!' There are some ideas for each of them. We would love to hear how you are getting on via eschools and any ideas are welcome.

<i>Connect</i>	<i>Activity</i>	<i>Take Notice</i>	<i>Keep Learning</i>	<i>Give</i>
<p>Create a 'bubble' map of the people you would most like to connect with.</p> <p>Write or draw the first thing you will say to them to let them know they are special to you.</p> <p><i>Remembering people who are special to us helps hold a space for them in our hearts.</i></p>	<p>Make bubble pictures.</p> <ol style="list-style-type: none"> <li>Mix washing up liquid with some water based paint and water in a bowl.</li> <li>Blow into the mixture using straws until the bubbles start to appear.</li> <li>When there are lots of bubbles place a piece of paper on the top.</li> <li>Turn the paper over and see how many paint bubbles you popped!</li> </ol> <p><i>Practicing breath work is good for mindfulness.</i></p>	<p>Have you ever watched bubbles float in the air?</p> <p>Maybe you have noticed the different colours on them or the size and shape.</p> <p>Blow some bubbles and watch them until they pop!</p> <p><i>Watching bubbles as they fly and pop may help you calm and soothe.</i></p>	<p>Bubbles are pretty magic. I wonder if you can find out how bubbles are formed? Are there any bubbles that are naturally created in the environment?</p> <p><i>Learning how things are created helps to build curiosity.</i></p>	<p>How can you share your 'bubble' map...letter, email, balloon or a social distance visit?</p> <p><i>Giving and showing someone you care could brighten up their day!</i></p>



## Emotions

Being curious about your emotions can help others understand how you feel. At Steam Mills we call it the Curious George approach! Remember to share your feelings with someone you feel safe with.

*Keep in mind PACE: Playful, Acceptance, Curiosity and Empathy.*

## Children friendly news websites

*For some children reading or watching the news can help them understand the World they live in.*

However sometimes the news can feel strange, scary, difficult, exciting, overwhelming, wonderful....or all of these emotions mixed together!

It's important to make sure that you keep yourself safe.

*Here are a few recommended websites.*

<https://www.bbc.co.uk/news/newsbeat>

<https://www.twinkl.co.uk/newsroom>

<https://live.firstnews.co.uk/>



## Black Lives Matter

*Your children may have noticed the Black Lives Matter movement in the news and be curious about what it means.*



Here are some resources for adults and children to help have conversations about BPOC and racism.

<https://yooopies.co.uk/c/press-releases/blacklivesmatter>

<https://literacytrust.org.uk/resources/black-lives-matter-book-lists-ages-0-16/>

## Good news

*If you don't fancy watching or reading about the news how about creating your own kind, funny or happy news?*

Here is a website to inspire you! It is only Happy News!

<https://www.bbc.co.uk/newsround/50434875>

Perhaps you could write an article of all the random acts of kindness you spotted or take photos of the FOD Rocks you've made and found.

